



Exercise In Cold Weather

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Enjoy the Great Outdoors All Winter Long

Does the idea of grinding out mile after mile indoors on a treadmill sound boring and miserable? With a few tips and the right gear you can safely enjoy the outdoors this winter even when the temperature drops. Gyms are a good place to pick up a cold germ, but exercise outdoor will boost your immune system and keep away the cabin fever blues.

1. Cover your head. You loss about 50 percent of your body heat from your head and neck. So make sure to keep your head covered when it is cold out.
2. Stay dry. Wearing wet damp clothing whether it is from your own perspiration or from precipitation increases body heat loss. Try wearing workout clothes made from synthetic materials which will stay dry against your skin as you sweat. After a workout make sure to change into some dry clothes and take a hot shower to warm up if need be. As you start to cool down from working out it is easy to chill.
3. Dress in layers. It is easy to over dress even on chilly days. Exercise generates a lot of heat. Enough to make it feel much warmer than it really is, but as the sweat dries on your skin it is easy to get chilled. So dress in layers that you can remove as needed and put back on as needed.
4. Protect the hands, feet, and ears. When it is cold out, blood flow is concentrated on the body's core leaving the hands, feet and ears more vulnerable to frost bite. Try wearing a thin pair of gloves with a warm

wool or fleece lined pair over the top. Wear the second thicker pair before your hands get cold and then remove them as you start to heat up and sweat. Don't forget to cover the ears with a head band or hat. Try buying workout shoes a size larger than normal to make room for extra socks.

5. Pay attention to the wind-chill level and the rate of perception. If your clothes get wet, or the wind cuts right through the layers it is hard to stay warm no matter how you dress. Some days you may need to exercise indoors.
6. Breathe into a scarf or neck warmer. This will keep your neck warm and make that cold air a little easier to breath. Cold air can be hard on the bronchioles and sinuses and chill you quicker. Freezing your lungs however is a myth. The air you breathe is warmed up to body temperature by the time it reaches your lungs.
7. Winter weather also means slick surfaces. To help minimize the risk of falling wear shoes or boots with some grip on the soles. If you have a choice between walking on ice or in snow always aim for the snow!
8. Have alternatives to outdoor exercise on very cold, wet, or windy days. Exercising indoors is better than not exercising at all! Having workout equipment at home makes it much easier on days that you can't even get out to the gym. If all else fails, try a home workout video, jump roping in the garage, or climb stairs for 20 minutes. A shopping mall offers a good place to walk indoors as well.

Black Hills Health and Education Center is a medical wellness retreat offering wellness programs and lifestyle change in a beautiful setting of the Black Hills in South Dakota. BHHEC is unique in that it offers a Christian based lifestyle program that includes everything from lodging and meals, physicals and comprehensive blood work, to daily treatments, exercise sessions with a personal trainer in the gym, classes presented by physicians, the Dietician, the Fitness Director, and other staff, cooking classes, sightseeing tours (Mt. Rushmore, Crazy Horse, Custer State Park Wild Animal Game preserve) and aquatics classes at the lovely swim center in Rapid City. Also included are counselling and stress-relief classes.