

5 TIPS for Exercising Safely in Cold Weather

Don't let falling temperatures stop you from exercising outdoors. By taking a few extra steps to stay safe, you can walk, run, ski, ice skate, and more.



1

Warm up and cool down. Stretch or walk in place to prepare and restore your muscles before and after a workout.

2

Pick the right clothes. Dress in several layers of loose clothing to trap warm air between them. Wear a waterproof coat or jacket if it's snowy or rainy, and don't forget a hat, scarf, and gloves.

3

Be extra careful in snow and ice. Check sidewalks before using them. Wear nonskid, rubber-soled, low-heeled shoes to help prevent slipping.

4

Check the forecast. If it's too windy, cold, icy, or wet outside, consider staying indoors and using an online workout video or your own routine.

5

Be prepared. Know the signs of hypothermia, inform others of your outdoor whereabouts, and carry a fully charged mobile phone.

To learn more, visit www.nia.nih.gov/health/exercising-outdoors.