

503-ATHLETE NEWSLETTER

Cold Weather *Training*

"It's Only Cold if You're Standing Still."

Brrr, It's Cold!

Cold weather has a way of discouraging even the highly motivated exercisers, but most people can exercise safely during winter. In fact, there are several benefits to training in the cold: boosted endurance, increased immunity, reduced stress, and greater calories burned. Additionally, working out in the winter can help fight Seasonal Affective Disorder (known as SAD). However, it's important to take precautions to ensure you are training in a safe and healthy manner.

Layer Up!

It's highly advised to dress in layers as opposed to one thick layer to better insulate your body and moderate your body temperature.

- **Clothing:** Wear a base layer of compression clothing on your upper and lower body to prevent warmth from escaping and cold air from entering. Add more layers of fleece or other insulating fabric as needed. DON'T OVERDRESS – unzip or remove the outermost layers to regulate temperature and get rid of excess moisture.
- **Shoes:** Don't lace your shoes up too tight as it might reduce circulation. Consider using shoes that are a half-size larger and wear thick thermal socks. Shoes with a pronounced tread pattern will help prevent slipping on snow and ice. Make sure your shoes are completely dry pre-training – dry shoes absorb shock more effectively than wet ones.
- **Gloves & Hats:** Don't let your hands get too cold, throw on some gloves and don't forget to wear a hat! A large amount of heat can be lost through the head and the skin on the ears is very susceptible to frostbite, so cover up!
- **Sunglasses & Sunscreen:** If you're out in the snow or ice, grab your sunglasses and wear sunscreen – even though it's cold, the sun is more powerful than you'd think!

Warm Up!

The purpose of warming up is just that – to increase your body's temperature to prepare for the training. Warming up adequately and effectively will improve blood flow and increase muscle compliance. Make sure your warm-up is dynamic and takes your major joints through their full range of motion and activates your muscles.

Drink Up!

Cold weather can depress thirst, so even though you may not crave a big sip of water or a sports drink every 20 minutes, you still need it! Drink water before, during, and after your training to stay hydrated. To ease your throat, fill your bottle with lukewarm or room temperature water and drink throughout your training.

These tips provide general information only and are not a substitute for your own judgment or physician consultation.

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PARTICIPATING
SPORTS MEDICINE PRACTICE