

2008 Monthly ES&H Campaign: February

Exercising In The Winter

Monday, 4th

When the weather is cold, it's very difficult to be motivated to exercise. In fact a poll of 5,000 people found that 30 percent do not exercise during the winter season. In order to maintain a healthy lifestyle, exercising year-round is essential. Depending on the individual workouts could be performed indoors or outdoors.

Outdoors

If exercising outdoors during the cold weather use the following tips:

- Dress in layers – The top layer should be water and wind resistant.
- Warm-up – In cold temperatures muscles are more prone to injuries, warming up will loosen the muscles and make them more flexible.
- Stay Hydrated – Even though feeling thirsty may not be an issue, it is important to drink fluids while exercising in cold temperatures.
- Limit sweat – Sweating does not necessarily equal a good workout. Excessive sweating might result in the damping of the lower layer of clothing which in turn causes the individual to be cold. Heart rate monitor is an alternate way of measuring intensity.
- Keep clothes on – Do not take off layered clothing immediately after going indoors, give the body time to adjust. The body may quickly lose its heating stores which could lead to post exercise hypothermia.



Indoors

Here are some ideas for indoor activities if exercising outdoors in cold weather is unimaginable:

- Join a health club – A health club provides a variety of exercise equipment and fitness classes.
- Create a home gym – It does not take much equipment to get a good workout. All that's required is some free weights, jump rope and an exercise ball.
- Do body resistance exercises – Non-weight exercises such as push-ups, pull-ups, and climbing up and down stairs provide an intense and efficient workout.
- Do plyometric exercises to improve strength and explosiveness of muscles - the following link provides some plyometric exercises:

<http://www.sport-fitness-advisor.com/plyometricexercises.html>

- Swim indoors – Swimming is an excellent form of exercise that works the whole body.
- Use sources such as the internet, the library and fitness magazines for exercise routines and information about physical fitness.



With the many different exercise options that are available, there should be no excuse to not stay active during any season. Spring is around the corner so make the best of this winter season.

For more health related information please click on the following link:

http://besh.becweb.ibechtel.com/Health/Lists/Health_Resources_Links/AllItems.aspx

Sources

<http://www.emaxhealth.com/43/1194.html>

<http://ezinearticles.com/?5-Ways-to-Avoid-the-Winter-Exercise-Blues&id=126561>

Visit the Communications ES&H website for more information.

