

Cold Weather Workout Tips

In most parts of the country athletes must deal with colder temperatures during the transition and base periods of training. Being prepared for the extremes of winter weather is a must for exercising outdoors, and the first line of defense against freezing temperatures is dressing appropriately for the ever-changing conditions.

To improve your comfort and safety while exercising in the cold, follow these tips for a happier winter workout.

Layer your clothing: Layer your clothes rather than wearing one heavy layer. This allows you to add or remove clothing to better regulate your body temperature.

Cover your head: Heat loss from your head and neck may be as much as 50 percent of the total heat being lost by your body.

Cover your mouth :Use a scarf or mask to help warm the air before you breathe it.

Choose moisture-wicking fabrics: Choose synthetic fabrics which wick perspiration away from the skin.

Stay dry: Damp or wet clothing, whether from perspiration or precipitation, greatly increases body-heat loss.

Break the wind : Be sure to take into consideration the wind chill and wear one layer that will protect you from the wind.

Stay Hydrated : Fluids are as important in cold weather as they are in the heat. Dehydration increases the risk of frostbite and affects your body's ability to regulate its temperature.

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