

walk WITH a DOC Healthy Living Series

WINTER FITNESS

It's important to keep active all year round, even during the chilly winter months. But frostbite is *snow* laughing matter! When you venture outdoors, use these tips to keep yourself safe and warm. When going outside isn't an option, use these indoor ideas to stay active from the comfort of your home.

Winter Walking

- The physical and mental health benefits of walking are amplified when we do it out in nature.
- Establish a routine by making a commitment to yourself, a family member, or even your dog.
- Start slow and stay safe - gradually increase the length of your walks, and consult your doctor if you have pre-existing conditions.
- Stay hydrated!!! Make sure you're drinking plenty of water before, during, and after your walk.
- Apply sunscreen to exposed skin.
- Plan and prepare - check the weather forecast before heading outside.
- Watch for symptoms of frostbite (i.e. numb or discolored skin, abnormal joint & muscle stiffness).

Dress for Success

- Layer your clothing for maximum warmth & comfort.
 - Base layer: wicks sweat from skin.
 - Middle layer: keeps you warm.
 - Outer shell: protects from the wind and rain.
- Wear material that is moisture-wicking (i.e. wool).
- Keep your extremities warm - wear a hat and gloves.
- Warm the incoming air by wearing a mask or scarf.
- Make sure your shoes or boots have good traction to avoid slipping. Consider using walking sticks or ski poles for added stability.
- If visibility is poor, wear reflective clothing or bring a flashlight along with you.
- "There's no such thing as bad weather, only unsuitable clothing" -Alfred Wainwright

Indoor Fitness Ideas

- Virtual workouts are easy to follow and let you experience the intensity of gym training - we suggest the free Walk at Home YouTube channel for all your walking workout needs.
- Yoga and other mindfulness activities will help you relax and also stretch your muscles to make you more flexible and prevent injuries.
- Dancing to your favorite music is a lively way to do cardio, and it can be a great group workout.
- Bodyweight exercises like lunges, squats, and push-ups can improve your strength - do these for a few minutes during commercial breaks.
- Jumping rope will get your heart pumping & whole body moving.

