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Staying Active and Fit in Cooler Weather



While the summer months bring a flurry of outdoor activity and exercise, the cooler fall and winter months mean that you need to tweak your routine for the best results. Protecting yourself from the elements and keeping your program varied will help you maintain optimal fitness results, without compromising your safety and health.

Most people can continue activities such as running and walking outdoors but will need to **wear appropriate clothing**, along with keeping their hands and face protected. A **gentle warm-up** is also important if it is cold outside, so consider walking first before transitioning into a run. On rainier days, be extra careful about **wearing the right footwear**, especially if you are playing sports on a muddy field.

Some days, the weather simply will not support an outdoor workout or activity that you can enjoy to the fullest. However, a variety of indoor activities can get your heart rate up and improve your strength. Consider working out on such exercise equipment as the

- treadmill
- elliptical trainer
- stationary bicycle
- rower

You can always use the time on the machines to catch up on some reading or listen to your favorite songs. Even “mall walking” can be an effective way to remain active in the cooler months.

On days where you really do not want to venture away from home, try **running up and down your stairs in 10-minute increments**. Also, do not forget the importance of strength training two to three times a week.

Consult us for a program of activities that will work best for your fitness goals and safely keep you fit and healthy—no matter what the weather and season. Keeping fit through the cooler weather can leave your body, energy levels and mind in peak form.