

+ WARM UP WEATHER+ ○ TO COOL WORKOUTS

Make it easy on yourself to Move More in cooler weather with these tips and tricks.



DRESS FOR COMFORT

- Keep your feet cozy with warm socks, weatherproof shoes and supportive insoles
- Wear layers of clothing to wick away moisture, insulate and protect
- Don't forget hats, gloves and scarves if it's very cold



LOOK AT THE BRIGHT SIDE

- Being outdoors is a great way to get some Vitamin D
- There's no heat or humidity to deal with – just cool, crisp air
- Exercise boosts immunity during cold and flu season



HAVE FUN WITH COOL WEATHER ACTIVITIES LIKE:



Jogging



Hiking



Snowshoeing



TAKE IT INSIDE IF IT GETS TOO COLD FOR COMFORT, TRY:

- Indoor circuit workouts
- Yoga or other fun group classes
- Active housework like power vacuuming

For more ideas on staying active, visit
[HEART.ORG/MOVMORE](https://www.heart.org/movemore)



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