

WARM UP TO COOL WEATHER 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



Embrace Cool Weather Activities Such As:



Hiking



Snowshoeing



Skiing



If It Gets Too Cold for Comfort, Take It Inside:

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



American Heart Association.

Hard Hats with Heart™