

# Tips for Cold Weather Physical Activity



**Cold weather doesn't have to slow you down.  
To stay safe in the cold, keep the following in mind:**

## **Dress in layers**

- Start with a synthetic material, like polypropylene, against your skin. It will draw the sweat away from your body and dry quickly.
- For the second layer, select wool or cotton to soak up moisture.
- Choose the third layer for its ability to keep the cold air and rain out, something lightweight and waterproof.

## **Don't lose your head**

- Wear a hat to avoid losing heat through your head.
- Protect your feet. Insulate them with warm socks and keep them dry.
- Choose mittens over gloves because the fingers can warm each other.

## **Drink up – You can become dehydrated in the cold**

- Drink before you feel thirsty. By the time you feel thirsty, you're already dehydrated.
- Water is readily available, inexpensive, and exactly what your body needs.
- Drink water before you go out and bring some with you.
- If your lips are chapped, this means you need more water.

## **Don't overdo it**

- Cold is a stress on the body. So is exercise. Together they may be too much. Start slowly and don't overdo it.