

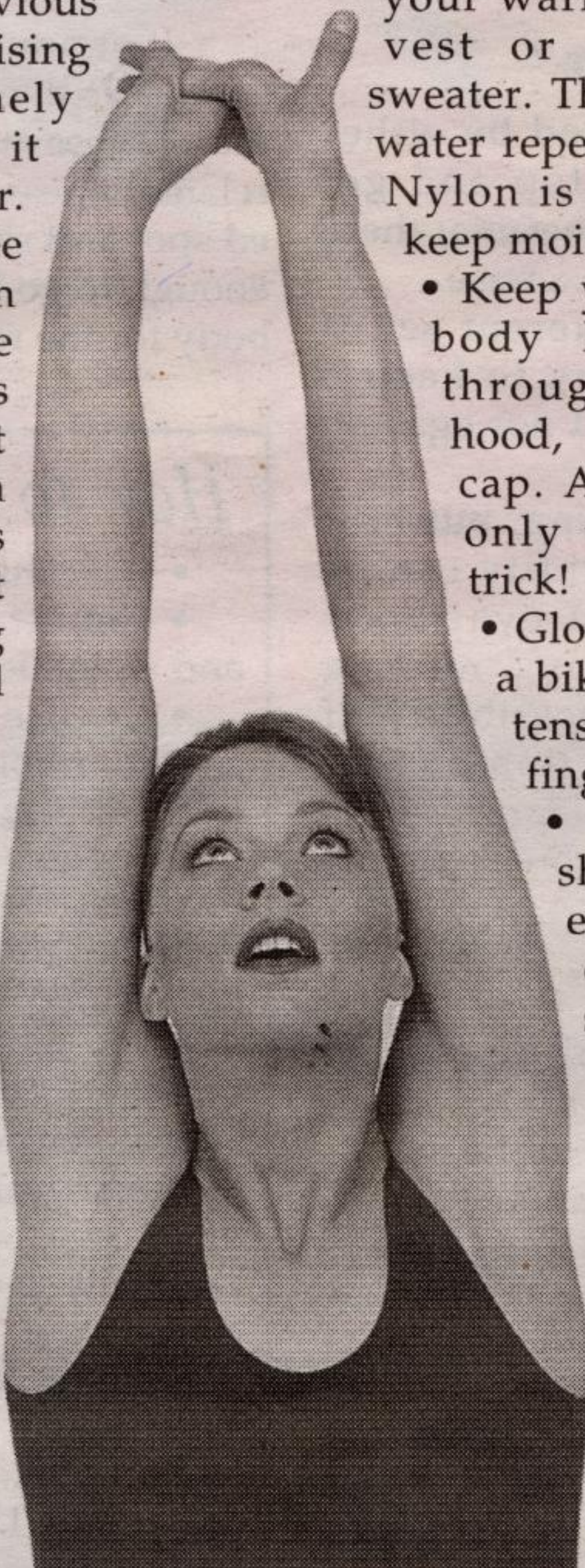
## Workout routines should change with the temperature

There are a few obvious facts about exercising outdoors, namely that it feels better to do it when the weather is cooler.

Running on a 70-degree day beats jogging when the mercury is up in the 90s, or when it plummets into the teens. But as most of us live in climates with distinct seasonal changes in temperature, care must be taken when exercising outdoors in hot and cold weather.

When the temperature dips below 40 degrees, athletes need to follow some common-sense guidelines. Following these suggestions will not only make your workout more comfortable, but may also prevent an injury.

- Layer your clothing, but be careful of the materials you choose. Underwear (preferably long) should be made from synthetic fibers that wick moisture away from the body. Natural fibers such as cotton will keep moisture near the skin, which will cause heat loss. The middle layer of clothing should be considered



your warming layer; try a fleece vest or pullover, or a wool sweater. The outer layer should be water repellent and wind-resistant. Nylon is fine, but may actually keep moisture inside.

- Keep your head covered since body heat is rapidly lost through the head. Use that hood, or wear a wool or knit cap. A headband that covers only the ears won't do the trick!

- Gloves are great if you're on a bike, but for runners, mittens are better as they keep fingers drier.

- Your usual running shoes aren't recommended for snowy or icy conditions. Investing in shoes with rubber cleats may save you from a painful slip or fall.

- You may not get as thirsty while exercising in cold weather, but keep the water bottle handy and drink as though it was summer. Electrolyte loss occurs in all weather.

- Do a thorough warm-up indoors before heading outside. Stretch even more than you normally would in warm weather.

See ALTER, pg. 6



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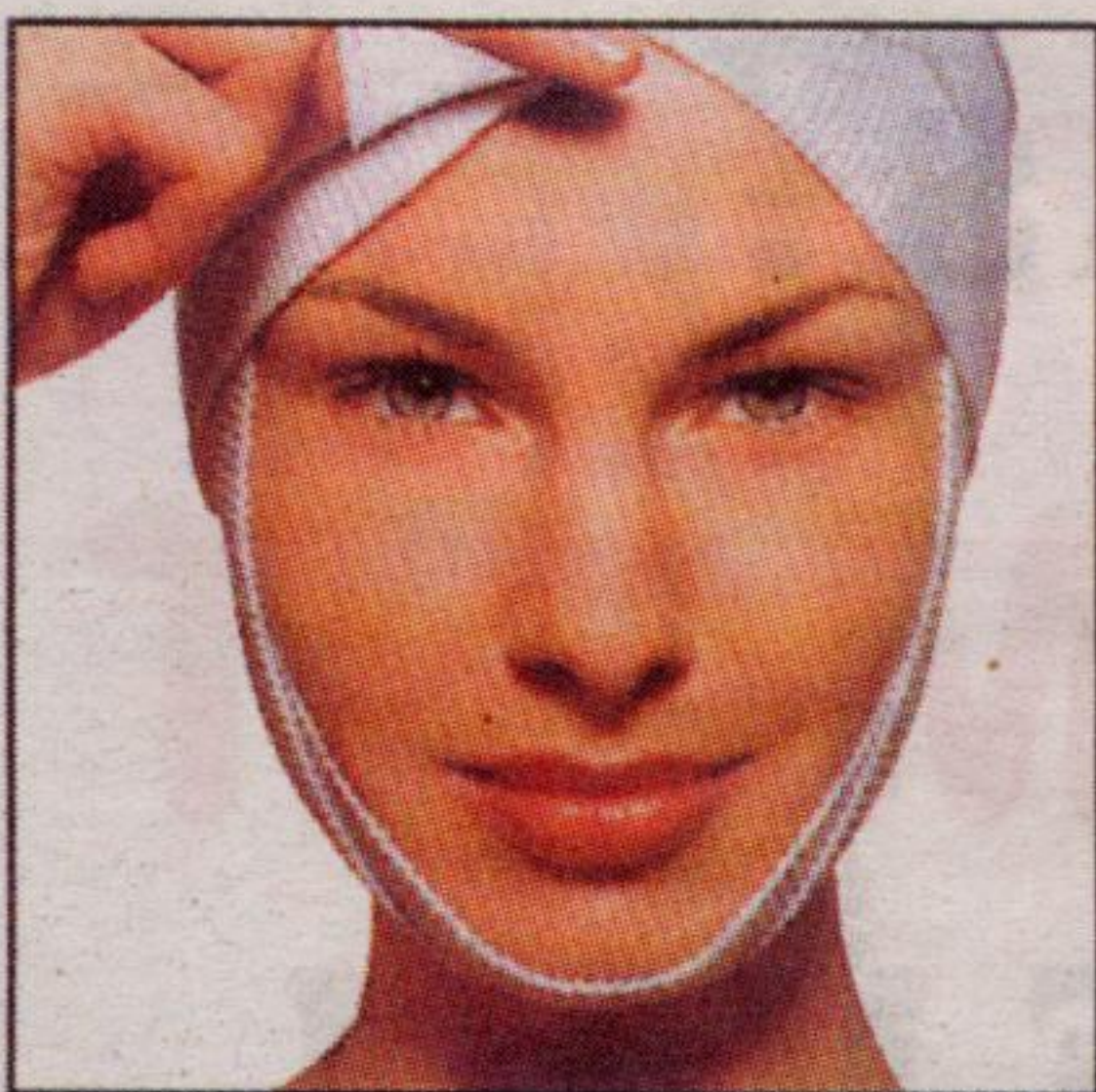
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