Don’t let winter weather put your workout on ice

Follow these guidelines to stay fit and safe!

1. Wear a base layer that will wick moisture away from your skin, keeping you dry and warm during your workout.

2. Do not overdress. Sweating makes your clothes wet and your body cold. If you feel slightly cool before starting your activity you are probably dressed appropriately.

3. Wear shades. Sport sunglasses will protect your eyes from the bright sun reflecting off of the snow and also prevent them from watering due to the cold or wind.

4. Use a good trail running shoe that will provide extra traction for slippery surfaces.

5. Drink PLENTY of water! Avoiding dehydration is just as important in cold weather as it is in warm weather.

6. Plan your route ahead of time. You’ll want to know exactly where you are heading and how to get home in case something goes wrong. Also carry a cell phone and identification, and let someone else know where you’ll be going.

7. Avoiding frostbite and hypothermia is a crucial consideration when preparing for cold weather activities. Ensure that all of your skin is covered, and carry an extra layer in case weather conditions change during your workout.

8. Move your workout indoors. This will provide an opportunity for cross-training, which reduces incidence of injury and adds variety. Visit the new Student Fitness Center, which will open January 2011.

A little planning and preparation can go a long way toward safely staying fit in colder weather!

For more information visit Wellness.IllinoisState.edu