

# 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!**



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