

Healthy Living

Topic of October:

Exercise in the Great Outdoors

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Cool crisp air is enjoyable to most, but outdoor exercise can be enjoyed by all!

Exercising in cooler temperatures has been shown to allow for longer exercise sessions in trained individuals due to the body's ability to regulate and dissipate heat more efficiently. - AHA

However, to safely exercise outdoors in cooler temperatures, there are several things to be aware of:

- 1. Wear layers** – When layers are properly worn it will help keep the body warm, but not too warm. The first layer should remove sweat from the skin to help you stay cool; a synthetic material. The second layer, such as a fleece, should be worn to stay warm. Lastly, wear a waterproof jacket to help prevent the chill or wind from piercing your skin. Use trial and error to determine the best layered fit for the elements!
- 2. Stay hydrated** – The cool wind and sweating will increase your need for water. Although you may not feel as thirsty, you will still need to replenish your fluids.
- 3. Cover exposed skin** – Your body will naturally distribute blood to major organs and working muscles when it is cold. Wearing gloves, thick or thermal socks, a hat, or earmuffs will protect your skin from the wind as well as the sun.
- 4. Put on Sunscreen** – When outdoors for prolonged times, sunscreen should be worn. If your area tends to have more snow, this is especially true due to the sun's reflection off the snow!
- 5. Use Reflective gear** – The days get shorter as the temperatures drop, so wear clothing with a light or have a reflective material on them to make sure you are seen by others in case you are finishing an exercise session in the dusk or dark! -MAYO CLINIC

* ALWAYS TELL SOMEONE YOU'RE EXERCISING & WHEN YOU PLAN TO RETURN*

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Why is wind chill important?

Wind chill cools objects down quicker than the temperature can alone. If the temperature is below 50 degrees Fahrenheit, a windchill may be mentioned. The longer you are outdoors in low temperatures, especially when windchills are present, the greater chances of hypothermia. -ACCUWEATHER

Hypothermia is when your body temperature drops too low (below 95 degrees Fahrenheit). There are 3 main stages of hypothermia that range from mild to severe.

Symptoms include but are not limited to:

- Fatigue
- Slurred Speech
- Intense Shivering
- Rapid Breathing & Heart rate

Words of Wisdom

“Just because no one else can heal or do your inner work for you, doesn't mean you can, should, or need to do it alone.”

- Lisa Olivera