

What are your fitness plans this winter?



A little skiing? A snowshoe excursion? Some off-road cycling? Continuation of your walking routine?

Or, do you head inside once the mercury hits those lower digits?

Well, we want you **OUTSIDE!** Using proper apparel, and dressing according to the information in the grid (turn over) will keep you comfortable as you enjoy fitness activities in colder weather.

You need to start with proper apparel, which includes fabrics with features that help regulate body temperature and preserve the body's micro-climate.

Proper layering beats harsh, cold weather.

Proper layering allows you to strike a balance between your body temperature, clothing and the outside elements. As the temperature rises and/or your activity level increases, you can take off layers. Add layers as you get colder or the temperature drops. Also, taking off your gloves or hat is a quick way to vent. As much as 70 percent of your body heat escapes through your extremities.

Consider the following points when deciding your layering needs:

1. *First layer:* Crucial! This layer must move moisture away from the body to prevent chill. Bras, briefs, tops and pants should be made of wicking materials.
2. *Insulation:* This is the mid layer. These garments also move moisture and trap warm air.
3. *Outerlayer:* This layer protects you from wind and precipitation, and completes moisture transfer by releasing perspiration into the air.

Features to look for in cold weather activity garments:

- thermal warmth
- moisture management/wicking
- lightweight
- water resistant
- wind resistant
- breathable
- non-chafing
- proper, comfortable fit
- low maintenance
- durability

