



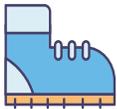
# 5 TIPS

## FOR PHYSICAL ACTIVITY IN COLD TEMPERATURES

During the winter months, cold temperatures may limit outdoor physical activity, but don't let this stop you! Exercising in colder conditions can offer a more effective workout. The body burns more calories, and the heart does not need to work as hard in lower temperatures. The key is wearing the right apparel and following proper safety practices. Here are five tips for planning your outdoor physical activities during the cooler months. Remember to always check with your doctor for any precautionary safety measures for physical activity.



Layer-up with a bottom, middle insulating, and an outer layer of clothing.



Choose sturdy boots or athletic shoes with thick soles and deep treads.



Team up with a friend for fun, safety, and accountability.



Wear brightly colored clothes that guarantee visibility along with a reflective vest or bright LED lights.



Choose clear trails and well-drained sidewalks to reduce accidents.

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