

# TRAINING TIP OF THE WEEK

## COOL WEATHER TRAINING

When the days are short and the mercury drops, it's a challenge to exercise comfortably and safely outside. Here are some tips to help you manage your workouts during the winter chill. Dress in layers so you can peel off them off



as your body temperature rises or zip up tighter if you are running into the wind. It is best not to wear cotton next to the skin because it traps moisture, causing you to lose heat more rapidly. Instead choose a material made of polypropylene, Coolmax or Drylete. A microfiber outerlayer will help repel wind and rain but also allow body heat to dissipate out. Make sure that you don't overdress because excess sweating can contribute to unwanted heat loss. Don't forget to protect your skin with sunscreen, lip balm,

hat and gloves to prevent sunburn, windburn and frostbite. If preparing for a competition in the cold, wear heavier clothing while warming up and continue your warm-up until the start of the event so that you will keep a normal body temperature and maximize performance. Immediately after exercise, change into warm, dry clothing to prevent a rapid change in body temperature.

[www.AthleticareSportsMed.com](http://www.AthleticareSportsMed.com) is a great resource for all your sports medicine questions



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