



## A FEW TIPS TO HELP YOU STAY SAFE AND WARM THIS WINTER

1. Spend a few minutes walking or jogging in place before you head outside. Warming up your muscles will help prevent strains or a sharp rise in your blood pressure.
2. Dress in layers. Cold weather clothing should keep you warm and allow sweat to escape. In layers, you can shed or add pieces as needed.
3. Wear wicking fabrics. Clothes made of synthetic fabric will help wick moisture away from the skin and keep you warm.
4. Choose water resistant shoes or boots. Wear synthetic socks that will wick moisture away from your feet.
5. Wear a hat and mittens or gloves for protection.
6. Be visible, especially if you are out before sunrise or after sunset. Make yourself visible to drivers by wearing white or bright outer layers or consider purchasing a reflective vest.
7. Stay hydrated. You may feel less thirsty but you could still become dehydrated. Drink about one or two cups of water before heading out for your walk.
8. Check with your doctor. Anyone with certain health conditions, such as asthma, coronary heart disease, or diabetes should consult their doctor for specific directions on exercising outdoors.

Now, make tracks!