

Mayo Clinic Minute

3 tips for healthy fitness during the winter

Video	Audio
	Frigid winter temperatures may make you want to skip your workout and curl up in a blanket inside, but it's important not to let the weather affect your exercise plan.
	Mayo Clinic sports medicine specialist Dr. Sara Filmalter says there are three things to remember if you're going to work out in the cold.
00:21:17 Sara Filmalter, M.D. Sports Medicine Mayo Clinic	"No. 1, to check the weather because when runners or other exercisers really get into trouble is when they think it's going to be colder than it is or they think it's going to be warmer than it is. So, really, know what you're getting into."
	She says to also take into account the wind chill as a factor.
00:21:55	"My second tip is to dress in layers, again, because you can under and overdress in the winter. If you have layers, you're able to keep warm, but then shed them when you start to warm up."
	And make sure you keep your ears, hands and nose covered.
00:21:55	"My third tip for exercising in the winter is to stay hydrated. A lot of times in the cold, we don't feel like we're sweating as much as we do in the summer, but underneath those layers, you really are and the clothes are just soaking it up. So don't underestimate your fluid losses."
	And get inside after you're done exercising because the moisture from your sweat can cause your body to cool down quickly when you're outside in cold temperatures.

For the Mayo Clinic News Network, I'm
Ian Roth.