



American Heart Association®

Healthy for Good™

Warm Up to **Cool-Weather** Workouts



Dress for Comfort

- Keep your feet cozy with warm socks, weatherproof shoes and supportive insoles
- Wear layers of clothing to wick away moisture, insulate and protect
- Don't forget hats, gloves and scarves if it's very cold



Look at the Bright Side

- Being outdoors is a great way to get some Vitamin D
- There's no heat or humidity to deal with – just cool, crisp air
- Exercise boosts immunity during cold and flu season



Take It Inside if It Gets Too Cold for Comfort

- Indoor circuit workouts
- Yoga or other fun group classes
- Active housework such as power vacuuming



Have Fun with Cool-Weather Activities such as



Jogging



Hiking



Snowshoeing



Find out how at heart.org/MoveMore.