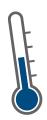
WARM UP TO

COOL WEATHER WORKOUTS

Make it easy on yourself to **MOVE MORE** in cooler weather with these tips and tricks.





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



Embrace Cool Weather Activities Such As:



Hiking



Snowshoeing



Skiing



If It Gets Too Cold for Comfort, Take It Inside:

- ✓ Indoor circuit workouts
- ✓ Yoga or other fun group classes
- Active housework like power vacuuming

