Staying Active During the Winter Months

Today’s Discussion

• The Truth About the Weather
• Transition Between Seasons
• Find the Right Activities
• Dress for Success
• Strategies to Overcome Barriers

• What are some of your struggles with Winter outdoor exercise?
THE TRUTH ABOUT THE WEATHER

• It’s all in your head (mostly)

• All weather conditions create unique opportunities for activities (except lightning)

• Train all year outdoors

• The first five minutes are the toughest

  **Winter**

• Head, hands, feet, ears

• Try spending time outdoors overdressed before starting an activity

• Dress in layers and peel as needed
  • Carry a backpack for activities you are unsure of that last more than an hour
TRANSITION BETWEEN SEASONS

• What strategies have worked for you to transition from Fall to Winter? If none, what strategies might you try this year?

• Commit to it

• The more you do, the more you adapt. The less you do, the more extreme the transition will feel

• Hot to cold is much harder than cold to hot

• Layer up, layer down

• Make a list of activities for the seasons that are exciting

• Buddy System (Recruit Friends)
FIND THE RIGHT ACTIVITIES

• What activities do you enjoy in the Fall and Winter season?

• Find the Activities that you enjoy in different seasons

• Spring / Fall (Low Aerobic)
  • Cycle
  • Walk
  • Hike
  • Explore
  • Garden
  • Photography

• Spring / Fall (High Aerobic)
  • Run
  • Cycle
  • Weighted Hikes
  • Sports (Road hockey, Soccer, basketball, etc.)
FIND THE RIGHT ACTIVITIES PT 2

• Summer (Low Aerobic)
  • All the things in Spring
  • Swim
  • Beach Sports (Volleyball)
  • Camping
  • Car Wash
  • Rollerblading / Skateboarding
  • Kayak / Canoe

• Summer (High Aerobic)
  • All the things in Spring
  • Swim
  • Try an Obstacle Course
  • Rollerblading / Skateboarding
  • Kayak / Canoe
FIND THE RIGHT ACTIVITIES PT 3

• Winter (Low Aerobic)
  • Cross Country Ski
  • Snowshoe
  • Fat Bike
  • Skating
  • Walking / Hiking
  • Run

• Winter (High Aerobic)
  • Cross Country Ski
  • Snowshoe running
  • Fat Bike
  • Run
  • Sledding / Tobogganining
DRESS FOR SUCCESS

• High Heat (35°C +)
  • No shirt / Muscle Shirt
  • Shorts
  • Keep activities to low aerobic unless training for heat acclimatization
  • Shoes (Running / Walking / Cross-training)

• Low / Moderate Heat (10°C – 35°C)
  • Muscle Shirt / T-shirt
  • Shorts
  • Activities can be low or high aerobic
  • Shoes (Running / Walking / Cross-training)

• Optimal Conditions (-5°C – 10°C)
  • Listed Cold weather to Warmer weather and Low Aerobic to High Aerobic
    • Wind Breaker jacket (reflective), Long sleeve, T-shirt
    • Track pants / Jogging Pants, Shorts
    • Light Gloves, No Gloves
    • Shoes (Running / Walking / Cross-training - Spikes possible)
DRESS FOR SUCCESS P2

• Low – Moderate Cold (-10oC – -40oC)
  • Listed Cold weather to Warmer weather and Low Aerobic to High Aerobic
    • Light jacket (reflective), Wind Breaker Jacket, Long Sleeve with T-shirt
    • Snow Pants (low aerobic only), Winter Cross-training Pants, Long Johns and Track Pants (low budget option)
    • Mitts, light gloves
    • Thick cotton, merino wool or fleece toque, Snowboard toque
    • Neck gaiter or no face covering
    • Running Shoes (Spikes possible)
    • Merino wool / fleece socks or cotton socks
    • Boots optional for low aerobic
    • Head Lamp depending on time of day
DRESS FOR SUCCESS P3

- High Cold (-40°C+)
  - Low aerobic only
    - Winter breathable jacket (reflective), long sleeve beneath
    - Snow Pants
    - Mitts (hybrid weather or winter)
    - Thick cotton, merino wool or fleece toque
    - Neck gaiter
    - Winter boots
    - Merino wool or fleece socks
    - Head Lamp depending on time of day
STRATEGIES TO OVERCOME BARRIERS

• What strategies do you have to keep training outdoors in the winter?

• Accountability App or Calendar

• Be consistent through the seasons

• Overdress, then learn to dress down (shorter activities or bring a backpack)

• Visualization
  • You love it out there
  • Highlight activity

• Start planning 5 minutes at a time
  • Don’t train for a half marathon if you haven’t run a 5km

• Make plans with friends, family and/or as a team building exercise for your department or business
QUESTIONS?