



**RAVENS**

CARLETON UNIVERSITY

# 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
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- 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 / Tobogganing

# DRESS FOR SUCCESS

- High Heat (35oC +)
  - No shirt / Muscle Shirt
  - Shorts
  - Keep activities to low aerobic unless training for heat acclimatization
  - Shoes (Running / Walking / Cross-training)
- Low / Moderate Heat (10oC – 35oC)
  - Muscle Shirt / T-shirt
  - Shorts
  - Activities can be low or high aerobic
  - Shoes (Running / Walking / Cross-training)
- Optimal Conditions (-5oC – 10oC)
  - 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 (-40oC+)
  - 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?