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

HAVE FUN WITH COOL WEATHER ACTIVITIES LIKE:
- Jogging
- Hiking
- Snowshoeing

TAKE IT INSIDE IF IT GETS TOO COLD FOR COMFORT, TRY:
- Indoor circuit workouts
- Yoga or other fun group classes
- Active housework like power vacuuming

For more ideas on staying active, visit HEART.ORG/MOVEMORE