

## GOOD DECISIONS



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# Staying Safe, Active During Winter

Don't let cold weather throw a wrench into your exercise routine! Winter weather can often act as a deterrent for those who enjoy outdoor activities as part of their exercise routine. Staying safe and warm during these colder, darker months of the year can help to keep your physical activity from going dormant. Check out these tips to keep you safe during cold-weather exercise, **but as always, check with your doctor first to review any special precautions you need based on your conditions or your medications.**

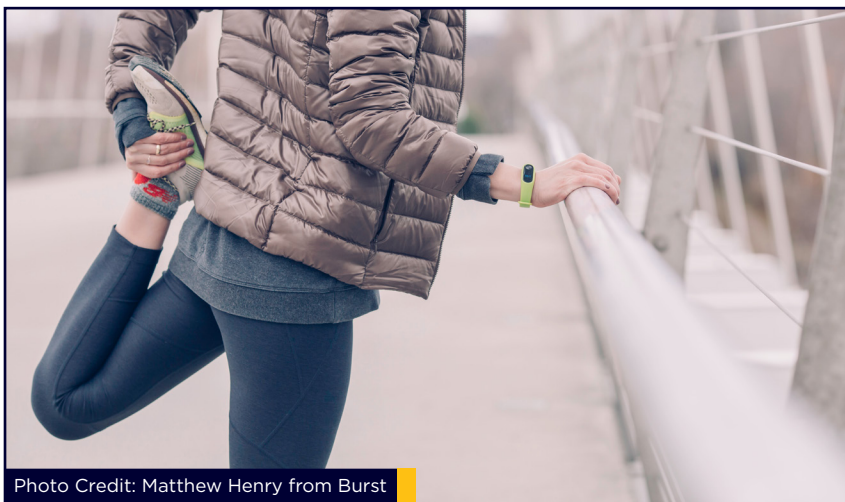


Photo Credit: Matthew Henry from Burst

vulnerable to the cold if you repeatedly work up a sweat and then get chilly.

**Check weather conditions and wind chill.** This may seem obvious but weather can change at a moments notice. Temperature, wind and moisture, along with the length of time that you'll be outside, are key factors in planning a safe cold-weather workout.

**Dress in layers.** Dressing too warm in cold weather can actually cause a person to overheat. Dress in layers that you can remove as soon as you start to sweat and then put back on as needed. You may need to experiment to find the right combination of clothing for you based on your exercise intensity. Keep in mind that stop-and-go activities, such as mixing walking with running, can make you more

**Don't forget safety gear and sunscreen.** If your physical activity takes place during winter's dark hours, be sure to wear reflective clothing and use an illuminated signal like the light up zipper pull given as UI Stride swag, a blinking light on a bicycle or lighted running belt. It's also just as easy to get sunburned in winter as in summer — even more so if you're exercising in the snow or at high altitudes. Wear a sunscreen that blocks both UVA and UVB rays and a lip balm with sunscreen.

For more information and additional tips, please visit the [Mayo Clinic's website](#). ■

## ► STRIDING FOR VICTORY: CONTINUED FROM PAGE 1

**What types of activities did you all largely participate?**

Competition dancing, tennis, ice hockey, jujitsu, boxing, aqua therapy, running. The conversion chart really helped ensure OTM staff members could log their activity no matter what sport or exercise they were involved in.

**You mentioned that the group was trying to be more active before UI Stride began. Does your group plan on working together to stay active?**

We spend a lot of time sitting in the office and the group decided to start going to the gym. At first it was just a few, but the group started to grow. The UI Stride really gave the group motivation. OTM has found the UI Stride competition to be a great source of motivation and plans to continue to push one another to reach our fitness goals.

**What recommendation would you give units that may want to prepare for the next UI Stride?**

Making sure there is a sense of accountability. Hearing from other staff that they want you to hit your goals and helping staff who may not be good with the technology.

**What would you like to see in the next UI Stride?**

It would be great to see more public recognition for the winners of the UI Stride. The trophy is nice, but if the winning team received chair massages, or a celebration lunch, or some other type of award, that would really incentivize teams to get involved. It would really help get teams more active! ■