



Frosty Fitness: Tips for Safe Winter Workouts

Prepare yourself for a winter workout to ensure a safe and enjoyable experience! Cold weather can present various hazards, but with the right precautions, you can stay warm, dry, and protected from the chill.

Layer Up for Warmth and Comfort

Combat the cold by dressing in layers. Start with moisture-wicking fabrics that draw sweat away from your skin. Avoid cotton as it retains moisture, leaving you feeling colder. Next, add an insulating layer like fleece to keep warmth in while allowing moisture to escape. Finally, top it off with a thin waterproof layer to shield against wind and dampness.

Weather Monitoring and Planning

Stay informed about the weather forecast to plan your activities accordingly. Dress appropriately and adjust your plans based on the expected conditions. Be proactive in preparing for the elements. If you plan to be outside for an extended period of time—be sure you know the signs of hypothermia.

Guidelines for Safe Suiting Up

- **Layer effectively:** Utilize moisture-wicking materials, insulating fleece, and waterproof outerwear.
- **Protect extremities:** Keep your fingers, toes, and ears covered to prevent frostbite.
- **Stay Hydrated:** Even in cooler weather, staying hydrated is essential.
- **Safety precautions:** Wear reflective gear in low-light conditions and choose footwear with adequate traction to avoid slips.
- **Don't forget sunscreen:** Snow reflects sunlight, increasing the risk of sunburn even on cold days.

Remember to prioritize safety during winter workouts. Proper attire and awareness of potential risks will ensure a safer and more enjoyable exercise experience in the chilly outdoors!



Call **1-888-287-2680**, Monday through Friday, 8 a.m. to 5 p.m. We can match you with a mental health specialist in your area or help you find addiction treatment.

For help after hours, call us at **1-800-297-6877** so we can evaluate your symptoms, provide next steps, or contact an on-call psychiatrist.



The number one app for sleep and meditation—designed to help lower stress, anxiety, and more. **Sign in to [kp.org](https://www.kp.org) to get started.**



Text one-on-one with an emotional support coach anytime, anywhere. Support is just a text message away. **Sign in to [kp.org](https://www.kp.org) to get started.**



Build a personalized plan to strengthen your emotional health, whenever, wherever you need to. **Sign in to [kp.org](https://www.kp.org) to get started.**