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

Eat Smart. Move More. Be Well.
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For more ideas on staying active, visit heart.org/MoveMore