Lowell High School Department of Physical Education A Teaching and Learning Community

PORTFOLIO HANDOUT 15 – American Heart Association
Cold Weather Fitness Guide Summary

The complete guide is available on the Lowell High School – Physical Education Web Page at
http://lhs.lowell.k12.ma.us/pages/Lowell_High/School_Departments/Physical_Education

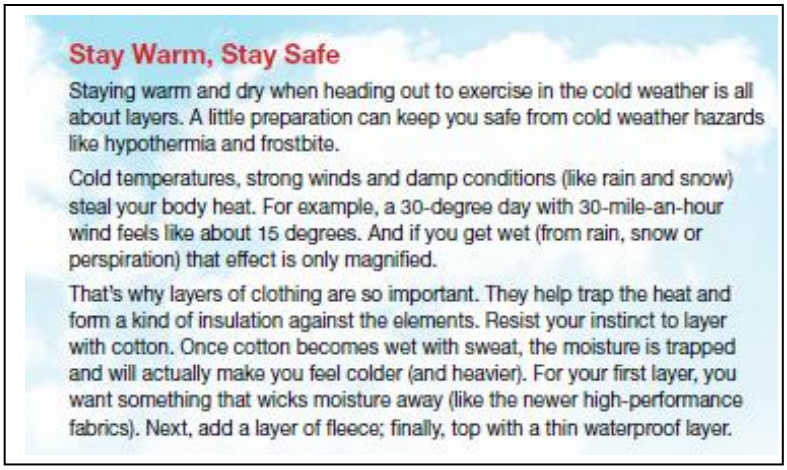
The Season FOR BEGINNING!

When winter blows in, you have two options: You can pull the blankets over your head and go back to sleep—or you can suit up and head out for an outdoor winter adventure!

Cooler Weather = Big Opportunity

There's no reason you need to take a break from physical activity when the temperature drops. In fact, exercising in cooler weather has some distinct advantages over working out in the warmer weather. For one, you don't have heat and humidity to deal with. In fact, winter's chill can make you feel awake and invigorated.

Not only that, you can work out harder in the cold weather—which means you burn even more calories. Heading outside in the winter is also a great way to take in the sunlight (in small doses). Not only does light dramatically improve many people's moods, it also helps you get the vitamin D.



Stay Warm, Stay Safe

Staying warm and dry when heading out to exercise in the cold weather is all about layers. A little preparation can keep you safe from cold weather hazards like hypothermia and frostbite.

Cold temperatures, strong winds and damp conditions (like rain and snow) steal your body heat. For example, a 30-degree day with 30-mile-an-hour wind feels like about 15 degrees. And if you get wet (from rain, snow or perspiration) that effect is only magnified.

That's why layers of clothing are so important. They help trap the heat and form a kind of insulation against the elements. Resist your instinct to layer with cotton. Once cotton becomes wet with sweat, the moisture is trapped and will actually make you feel colder (and heavier). For your first layer, you want something that wicks moisture away (like the newer high-performance fabrics). Next, add a layer of fleece; finally, top with a thin waterproof layer.

1. How does a combination of cold weather and wind effect the temperature?

2. Why are layers of clothing so important?

3. Why <u>isn't</u> cotton a good choice for a layer?

4. What is the most important quality of the top layer?