

Cold vs. Warm Weather

COLD WEATHER VS. WARM WEATHER

1. WHAT ARE 2 DANGERS OF EXERCISING IN COLDWEATHER?

~Increased chance of becoming hypothermic (when body temperature drops below normal)

~Increased chance of getting frostbite (tissue damage occurs from freezing).

2. WHAT ARE SOME THINGS YOU CAN DO TO AVOID EITHER OF THESE DANGERS?

~wear warm, loose-fitting clothing in layers

~pay attention to media weather forecasts

~protect your hands, feet, head, ears and so on from extreme cold.(body heat loss from the head alone is significant)

~drink plenty of fluids

3. HOW AND WHY SHOULD YOU LAYER YOUR CLOTHING FOR COLD WEATHER?

~wear light clothing in several layers rather than one heavy garment.

~the layer of clothing closest to the body should be absorbent(i.e. wool)

~wear a wind breaker to keep wind from cooling the body and allow the release of body heat.

~cover hands, feet, nose and ears because they are most susceptible to frostbite.

~wear mittens instead of gloves because they are warmer

~avoid getting your clothing wet.

4. WHAT ARE 2 POTENTIAL DANGERS OF EXERCISING IN COLD WEATHER?

~Hypothermia and frostbite

5. WHY IS IT IMPORTANT TO LAYER YOUR CLOTHING IN COLD WEATHER?

~So you can remove layers if you get too hot. You can plan the types of clothing for each layer so the inner layers will absorb sweat and the outer layers will block the wind and allow your body to breathe.

6. WHAT ARE 3 POTENTIAL PROBLEMS THAT CAN OCCUR WHEN EXERCISING IN HOT WEATHER?

~**Heat cramps**-muscle cramps especially in muscles most often used in exercise. Least severe.

~**Heat exhaustion**- muscle cramps, weakness, dizziness, headache, nausea, clammy skin, paleness. Moderate severity

~**Heat stroke**- Hot, flushed skin, dry skin (no sweating), dizziness, fast pulse, unconsciousness, high temperature. Extremely severe.

7. WHAT ARE SOME THINGS YOU CAN DO TO AVOID THESE DANGERS?

~Limit or avoid exercise in hot or humid weather.

~Replace fluids regularly (before, during and after exercise)~Gradually expose yourself to exercise in hot and humid weather.

~Dress properly when exercising in heat and humidity

~Rest in the shade at regular intervals.

~If signs of heat stress occur, stop exercising immediately

8. WHAT SHOULD YOU DO IF OVERHEATING OCCURS?

~Get out of the heat and stop exercising

~Remove excess clothing

~Drink cool water

~Immerse your body in cool water

~Seek immediate medical help if symptoms of heat stroke are present

~Statically stretch cramped muscles

9. WHY IS IT IMPORTANT TO GRADUALLY EXPOSE YOURSELF TO EXERCISE IN HOT WEATHER?

~Because the body gets better at handling heat and humidity with repeated exposure. Too much at once is especially dangerous.

10. WHAT OTHER ENVIRONMENTAL CONSIDERATIONS ARE THERE WHEN PLANNING TO EXERCISE OUTDOORS?

~Air pollution because it can restrict your breathing passages

~High altitude because it can reduce your ability to exercise

~Loose animals because they can be dangerous

~Crime

11. WHAT ARE SOME THINGS YOU CAN DO TO COUNTER THE POTENTIAL NEGATIVE EFFECTS THESE ENVIRONMENTAL CONSIDERATIONS YOU HAVE ON YOUR OUTDOOR EXERCISE PROGRAM?

~ **Air pollution:**

-Find indoor exercise options if you cannot avoid exercising near traffic or on high pollution days.

-Avoid high traffic areas

-Be aware of reports of high pollution levels

~ **High altitude**

-Gradually increase the amount of exercise you do in high altitudes

-Drink plenty of fluids

~ **Loose animals**

-Walk slowly away-never run

~ **Crime**

-exercise in well lighted areas with friends

-Avoid high -crime neighborhoods

-Let someone know your exercise route and when you expect to return