

How to Dress

- Layer Up!
- Avoid Cotton
- Breathable first layer, wool or fleece second layer, waterproof, breathable third/outer layer
- Also keep hands, feet and ears warm
- When dark out, wear *reflective* clothing
- Wear shoes with good traction (for ice)
- Remember sunscreen! (UVA and UVB, SPF no less than 30!)



WINTER SURVIVAL

SPECIAL POPULATIONS
STUDENT HEALTH
CONCERNS COMMITTEE

UNIVERSITY OF ILLINOIS

WINTER SURVIVAL

Exercising in the winter



Frostbite and Hypothermia

Watch the Weather

- If the wind chill is too extreme it may be unsafe to exercise outdoors even if you dress warmly.
- Extreme wind can expose skin that is more vulnerable to frostbite.
- If temperatures reach below 0° F, consider choosing an indoor activity or taking a break from exercising.
- Helpful Hint: To make your workout easier, do the second half with the wind hitting your back. You will be less likely to get chilled especially if you've already worked up a sweat.



- Be wary of exposed skin (cheeks, nose, ears, hands, feet)



- Exercising in cold, rainy weather increases the risk of hypothermia
- Early warning signs: numbness, loss of feeling or a stinging sensation.
- If you suspect frostbite, get out of the cold **immediately** and slowly *warm* the affected area — but **DON'T RUB!!** since that can damage your skin.
- If numbness continues, seek emergency care
- Signs and Symptoms: intense shivering, slurred speech, loss of coordination and fatigue.
- Seek emergency help right away for possible hypothermia.

Drink LOTS of Fluids!



- You need to stay well hydrated when exercising in cold weather just as you do when exercising in warm weather.
- Drink water or sports drinks before, during and after your workout, **even if you're not really thirsty.**
- You can become *just* as dehydrated in the cold as in the heat from sweating, breathing and increased urine production, but it may be harder to notice during cold weather.

MCKINLEY SPECIAL
POPULATIONS STUDENT
HEALTH CONCERNS COMMITTEE