The1RetroMind

Exercising In The Cold Weather. (NSFW)

Be safe and aware.

Colder weather can be both harmful & beneficial.

Disclaimer: If you are engaging in any activity, it's doing so at your own risk. These are tips to help others who are looking to participate in outdoor activities. I am not a doctor or anything in a medical field. My research was gathered on a search engine. I am not liable for accidents or anything of the sort.

1st Thing. Exercising Safely In Cold Weather

Check Weather Conditions Before Activity.

If you plan on doing outdoor activities, make sure conditions are safe and right for you, watch out for ice, slip spots, and make sure you're comfortable with being in the cold temperature in your area. (Per Google) temperatures 0 below to negative temperatures are risks for hypothermia & frostbite.

Warming Up Is Advised.

When exercising in the cold, you will need to take the time to warm up your muscles so you won't have an injury. Recommendation is 15-20 minutes of stretching muscles you plan to exercise so you can enjoy your new seasonal workout. Wouldn't hurt to stretch other areas you aren't planning to exercise.

Muscles Aren't Working As Properly.

The cold will effect your muscles ability to contract efficiently and it will impact your ability to do more high-functioning maneuvers. Be careful of doing workouts that require explosive-functions like jumping.

Choose Your Clothing In Layers.

In warmer temps, you will most likely be down to the basic attire of undergarments, shorts, shoes and shirts. In the cold it's important to wear layers so you can properly function and take off when getting too hot, wear snug clothing, not tight clothing that you will lose circulation and could lead to improper blood flow to your hands and feet.

Containing Heat In Your Head.

Your head generates a lot of heat and with no hat, you're losing body heat which can lead you to being more uncomfortable in the cold. A hat and scarf will help contain body heat.

Keep Hydrated!

(Per Google) the thirst for water is decreased by 40%! Because inside your body, the cold is constricting your blood vessels that you don't have the heat sensation to make you thirsty, which is known as (Vasoconstriction). You might think "it's not hot and i'm not losing much water, so I don't need to drink as much." Wrong! Just because you aren't thirsty doesn't mean you are hydrated. It's important to keep hydrated, for everyone and even your pets during the winter season.

When Exercising, Breathing Is Key.

The dry air will make your airways more inflammed which will cause irritation to your throat and lungs. You may wheeze more, produce mucus, which the mucus will try to warm the air before reaching further down to inflame your vessels, which will lead to have a harder time regulating your breathing techniques.

Those With Ailments of COPD & Asthma Be Weary!

People who are unfortunate with these ailments will definitely have worsened symptoms due to their sensitive airways because of the cold air. Seek medical permission before exercising in the cold.

Seasonal Affective Disorder (SAD)

(SAD) can effect a person in many many MANY ways...such as, fatigued, aching, thoughts of harming oneself, loss of interests in activities that you once enjoyed, oversleeping and weight gain. If you are experiencing some of these symptoms, it's best to consult a doctor for help. Prioritize your well-being during this time.

Let's Talk Benefits of Cold Weather.

There is a lot more than I would have imagined but 1st, let's remember, the benefits will not outweigh the consequences of exercising in the cold weather if done improperly.

Here Is The List (Per Google) From Across The Web.

1 Enhanced immunity

2 Improved endurance

3 Burns more calories

4 Great cardiovascular workouts

5 Boosts mood

6 Vitamin D

Let's Talk About Number 1. Enhanced Immunity.

When exercising while performing a brisk walk, jogging, or running, The cold stimulates fight/flight response & the body releases a hormone called Norepinephrine (adrenal gland) to improve the immune system. It can be a good combination of gaining enhanced immunity.

Number 3, Burning Calories.

When shivering you are burning calories and the reason why you are shivering is because of your body is trying to maintain your core temperature. Thus your body is doubling the work output. Just the thought of going outside in the cold will make one feel more accomplished because not every likes to go outside and that alone puts you above average than most population and add exercising also? Psh in my book, you're a 1 percenter...

Number 5 & 6. Boosts Mood & Vitamin D.

You're already feeling better about doing more than most in the winter, that will boost your mood which in turn will help with the shorter days/longer nights because we are not nearly getting the same amount of sunlight as we had before. When you're exercising you are releasing Endorphins (feel-good hormones), and also don't forget you're soaking up some vitamin D, which helps with anxiety and depression. That's a great combination to fight that Seasonal Affective Disorder (SAD).

Brighten Your Mood With Cautious Steps!

FAQs

About cold weather and exercising.

Why is the article rated "NSFW?"

Exercising improperly can lead to severe consequences that can not only hurt you but others. Be safe!

Why don't I feel thirtsy when running?

In the cold, blood vessels constricts to conserve heat which takes away the sensation for thirst.

How long should I warm-up before exercising?

Around 15-20 minutes. I would not only stretch muscles you plan you using but all areas.

How long should I exercise in cold weather?

Safety 1st! Try shortening your exercise duration than what you usually do during warmer environments.

How does (SAD) affect people?

Shorter days/longer nights demoralizes certain folks because they want to be outside but the shorter days takes away their sunshine before they can make time to go enjoy it.

I work 7am-5pm, How can I obtain vitamin D and endorphins?

They have vitamin D you can purchase as an alternative. You don't necessarily need to be outside in the sun to receive endorphins. Endorphins are released from exercise.

Which does The1RetroMind prefer warm or cold exercises?

Surprisingly the cold, because I have a nasal issue and being in cold weather it feels like I can breathe normally...with the exception of snot build up. Lol.