

Mayo Clinic minute: Three tips for healthy fitness during winter

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Frigid winter temperatures may make you want to skip your workout and curl up in a blanket indoors, but it's important not to let the weather

affect your exercise plan. Dr. Sara Filmalter, a Mayo Clinic sports medicine specialist, says there are three things to remember if you're going to work out in the cold.

"No. 1, to check the [weather](#) because when runners or other exercisers really get into trouble is when they think it's going to be colder than it is or they think it's going to be warmer than it is," Dr. Filmalter says. "So, really, know what you're getting into."

She says to also take into account the wind chill as a factor.

"My second tip is to dress in layers, again, because you can under and overdress in the winter," Dr. Filmalter says. "If you have layers, you're able to keep warm but then shed them when you start to warm up."

And make sure you keep your ears, hands and nose covered, as those are the areas most likely to be affected by frostbite first.

"My third tip for exercising in the [winter](#) is to stay hydrated," she says. "A lot of times in the cold, we don't feel like we're sweating as much as we do in the summer, but, underneath those layers, you really are, and the clothes are just soaking it up. So don't underestimate your fluid losses."

And make sure to get inside after you're done exercising because the moisture from your sweat can cause your body to cool down quickly when you're outside in [cold temperatures](#).

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