

December Cool weather exercising

Many factors we experience with cold environments should not be a barrier to perform physical activity, if you are prepared!!

Although some scenarios like rain, snow, low ambient temperature and wind can affect the whole body. Thermal balance cannot be maintained during exercise. When this happens, you are at risk for hypothermia, frostbite, diminished exercise capability and performance.

How your body responds depends on individual characteristics, and clothing – wet clothing, low body fat, older age (above 60) and hypoglycemic.



Shoveling snow – raises HR to (97% of max HR) and systolic BP to 200mmhg

Walking in snow- increases energy requirements and myocardial oxygen demand (someone with CVD may need to slow their pace)