

Feature Article

## Hot tips for winter walking

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It's hard to overstate the benefits of physical activity. Just 30 minutes of moderate exercise a day helps keep blood pressure down, reduces the risk of heart problems and makes you feel terrific.

Even people who have had heart attacks benefit from physical activity, although they must first consult their doctor. There are many winter sports to keep us active during the Canadian winter but the simplest, easiest option lies right outside the door.



Dress in layers, Foster advises. "Wear polypropylene next to the skin to wick sweat away. Over that, put on a loose-woven wool sweater, a polar fleece, a windproof outer garment, plus hat and mitts."

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Snow conditions permitting, it's good to lighten the load by wearing training shoes with cotton wool blend socks, instead of heavy boots. Drink water before and after exercise to avoid dehydration.

"If you get short of breath, slow down," adds Rob Bertelink, Cardiac Rehab Supervisor at Toronto Rehab. "Plan short out-and-back routes. When the sun goes behind clouds, the

temperature can drop as much as seven degrees in minutes – and you're no longer dressed right."

When it's less than minus 10 degrees Celsius, including wind chill, indoor exercise may be

- News Canada

Image courtesy of the [Physical Activity Guide](#)



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