

Focusing on:

Facing The Elements



Nothing Can Stop You Now

Walking year-round

While it's probably not a good idea to get your walking shoes on when it's 50 below zero, or hotter than Hades, you don't want the weather conditions to put you out of commission. Always remember the safety precautions you need to take before stepping out into less than optimal weather.

Desert Walking

Be shady. Avoid direct sun and blacktop. Natural surface paths under the trees are the cooler places to walk.

Water, water, water. Drink 10 to 16 ounces of water 15 minutes before you start your walk. It's also a good idea to carry a water bottle while you walk, so you can keep hydrated. Remember, even if you're not thirsty, you should still keep chugging the H₂O—you don't have to be thirsty for your body to need liquids.

Make your own shade. Wear a hat with a visor or a desert-cap with flaps to shade your neck. Wear sunscreen to prevent sunburn. Wear sunglasses that filter UVA and UVB



rays to protect your eyes, and wear light colored clothing.

Be an early bird or a night owl. Generally, the hottest times of the day are between 10 am to 4 pm. You can avoid extreme heat by walking either early or later in the day.

Tundra treks

1. **Check the forecast.** Air temperature and wind chill factor should always be checked prior to exercising in the cold. A danger does exist for those who exercise outdoors when the windchill factor (combined effect of temperature and wind) exceeds -20° F.
2. **Dress in layers.** By wearing multiple layers, you can change the amount of insulation that is needed. Wear clothing that allows sweat to pass through, but also traps in air—this helps you maintain the right body temperature. However, avoid heavy cotton sweats or tightly woven material when exercising outside because these fabrics will absorb and maintain water, which promotes heat loss.
3. **Drink water.** Dehydration can still occur in cold weather. Although it may not be feasible to carry a water bottle, you can still stay properly hydrated by drinking sufficient water before and after your walk.
4. **Focus on the head, hands, and feet.** As reported by the American Council on Exercise (ACE), a study showed that heat loss from the head alone was about 50% at freezing temperatures and by simply wearing a hat subjects were able to stay outside indefinitely. In addition to the head, also pay attention to hands and feet—wear insulated gloves and socks to prevent frostbite.



Think acrylic when thinking socks: They stay drier, fit better, and dry faster than cotton.

—*Too Busy to Exercise*, Porter Shimer



This Week's Challenge

If the conditions are too extreme to handle, bring your routine inside. Try using a treadmill, an indoor track, or even a shopping mall. If these options are not available to you, be resourceful—grab a jump rope or use an exercise video to get in your physical activity. This change of pace can bring in some variety and keep things interesting.

Five Questions

Here are five questions for you to consider as you progress through this campaign.

1. Who is your role model when it comes to physical fitness? Why?
2. What part of the day do you feel the biggest desire to get up and exercise? Are you able to exercise when you have this urge?
3. On a scale of 1 to 10 (1 being low and 10 being high) how would you rate your commitment to physical fitness?
4. Do you have to make a conscious effort to exercise, or is it now just a normal part of your day?
5. Have you raised your expectations of what level of physical fitness you want to achieve?