

## **Winter exercises**

Although Australia doesn't have the extreme cold of other places around the world, it's tempting to curl up under a blanket with a hot chocolate on those cold and windy days. On the other hand, it would be a shame to lose the benefits of all the hard work you've put in during those summer months of exercise. Here are a few tips that will help you to exercise safely and effectively during the chilly days.

As the days shorten, it becomes more difficult and inconvenient to arrange daily jogs or walks, as it gets dark earlier.

### **Alternatives**

Instead of using that as an excuse, why not try some of these?

- Go to a shopping centre and walk up and down the stairs (not the escalators!)
- If you walk when it's dark, wear bright or reflective clothing and carry some sort of light so motorists know you're around. You can get flickering lights at bike shops.
- Exercise in water. Many heated swimming pools offer water aerobics and other exercise programs.
- Go to the gym.

### **Warm ups**

It's always important to stretch and warm up before exercise. When it's cold, blood vessels constrict to decrease the heat lost through the skin and maintain a constant core temperature. This can increase blood pressure because there is a smaller area in the blood vessels for blood to squeeze through.

### **Clothes**

Wear layers of clothing. As you warm up, you can remove them gradually. Wear a layer of synthetic fabric (not cotton) next to your skin as this will help to move sweat away from your skin so you don't get cold. When you've finished exercising, put layers back on so you maintain a constant body temperature.

### **Fluids**

Although you won't sweat as much in colder weather, it is important to remember to keep drinking water regularly.

Imagine how much easier it will be to keep fit and not have to start from scratch when the warm weather returns!

ASA Financial Advisers are dedicated to providing you with information so that you can make the decision that is right for you. We invite you contact us on 03 9890 4055 or email [info@asaconsultum.com](mailto:info@asaconsultum.com) to make an appointment today.

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