

## BEAUTY BLOGGER

Beauty Director **Eva Chen** shares the hottest trends, backstage know-how, and must-have products.



FITNESS | TIPS

## cold weather exercise tips

by **eva chen** september 28, 2009



It's getting chilly out there! When I was in high school, I always marked the beginning of fall when--with my track and field team--we would run outside and we'd need to put on a few extra base layers... Those of you who are outdoors exercisers (not me, anymore!!), here are some great tips from Debbie Berenson, a Certified Personal Trainer and the owner of One2One BodyScapes in Easton, MA.

"In the summer, when the humidity levels are high, hotter temperatures can inhibit your performance. Crisp, cold air provides a great atmosphere for a more effective and longer workout! For those who suffer from allergies, asthma or breathing

The best exercise for working out outside in the later winter is running! True runners run throughout every season--the key is that you just have to be properly dressed. Two other great cardio and strength training exercises/activities for late winter are cross country skiing and snow shoeing. They are weight-bearing exercises. Both winter activities provide a great way to burn calories in a full body exercise. These activities work out your upper body, core and lower body all at the same time.

No matter what exercise, the safest thing to do post-workout in the cold weather is to take off any wet, sweaty clothing, immediately dry off and put on warm, dry clothing. Make yourself something warm to drink and relax! Slowly getting your body temperature back to normal is the safest way to warm-up!"

disorders, colder air helps to open up your lungs and let the oxygen flow more easily and thoroughly through your bloodstream. This increased flow of oxygen, enables you to go the extra mile and feel great while pushing yourself! When you have a strenuous workout, the cold air will naturally keep you cooler for longer and the increased oxygen in your bloodstream will allow your muscles to work harder. The inhale and exhale during exercise will ultimately be easier in crisp temperatures.