Healthy You: Quick Facts

Staying healthy in winter weather

In winter, it can be tough to get active and be healthy. The cold, snow and ice can make it tough to exercise. Winter weather can take a toll on mental and physical health. But there are steps to take to stay healthy even during these chilly months. Protecting body and mind is important in maintaining good health throughout the year.

Photo by Julief514, art by Melaics, courtesy iStockphoto

Quick facts on winter health:

1 Winter can be a good time to increase your fitness. Because it is not too hot or too humid, you can go on a longer walk or run. That means you will burn more calories, and boost your immune system.

2 Prepare for cold weather exercise by wearing several layers of clothes. Athletic fabric can help keep you dry. That will protect you from frostbite and hypothermia.

3 Signs of hypothermia include being confused, slurring speech, drowsiness and cold hands and feet. If someone you see has those signs, call 911, get them to warmth and remove wet clothes.

4 Winter weather can mean dry or cracked skin. Protect yours by taking warm showers, using a moisturizer as soon as you are done. Using a humidifier can make the air in your home less dry, too.

5 The winter blues are real: Seasonal affective disorder is an increase in depression that comes in the winter. A mental health professional can offer remedies.

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>> For more information on winter weather and emergencies, visit www.aphagetready.org.

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