

Cold, cold, go away: How to stay active in chilly weather

SOT

Clare Spires

OSF HealthCare exercise physiologist

"Even if you can just make the goal to do *something* that day. It doesn't need to be an hour or hour-and-a-half workout. It can be 30 or 45 minutes. It can be at home, at a gym or outside. But just making those goals possible and achievable." (:13)

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"Check the weather forecast. Use shoes that have more traction for those slippery sidewalks. Stay hydrated. Dress appropriately." (:10)

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"We also use something called the rate of perceived exertion (RPE) scale. It's one to 10. Ten would be the hardest exercise you've ever done. One is just sitting on the couch. We ideally like people to stay in that four to six moderate intensity range. So, if you think shoveling snow is in the four to six range and not creeping up to an eight or nine, that would be appropriate for you to do." (:21)

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"You can do different body weight exercises like jumping jacks or squats. You can get creative and use soup cans, water bottles or even bottles of hairspray to add a little bit of weight or intensity to your workout." (:16)