

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

Run time - :32

ANCHOR LEDE

Fall and winter mean picturesque, snowy scenery. But the season's weather can make working out more difficult. Normally dry sidewalks are replaced with ice. Or you may be snowed in entirely and unable to get to the gym. Tim Ditman of OSF HealthCare has tips to exercise safely in cold weather.

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Workout in the daylight and wear proper clothing. Also, don't push yourself.

\*\*\*SOT\*\*\*

Clare Spires

OSF HealthCare exercise physiologist

**"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)**

That's OSF exercise physiologist Clare Spires.

I'm Tim Ditman.

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If you're snowed in and want to workout at home, use your surroundings. Use soup cans or water bottles as weights, or take some laps up and down the stairs.

Just be mindful of trip hazards like a rug or wandering child.