

Staying Safe while Exercising Outdoors (Interview Transcripts)

Ginny Hendricks, M.D., family medicine/sports medicine physician, OSF HealthCare

“Trying to do it in the middle of the day when it may be warmer and there may be a little less ice formation may be helpful. And then shoveling snow is always a good option – you could shovel the sidewalks on your block or for elderly neighbors and that would also be a good substitution for your usual walk or run outside.” (:20)

Ginny Hendricks, M.D., family medicine/sports medicine physician, OSF HealthCare

“In terms of weather when you’re exercising outside, wind chills is always a consideration. Your weather app may say it is 35 degrees but if the wind chill says it’s below 15 degrees, for example, that’s a big difference. So be mindful more of the wind chill temperature and modify your exercise accordingly. If you are going to be outside, maybe think about going outside for a shorter duration and try to stay closer to the house so you have the option to go inside and warm up if you do get excessively cold.” (:35)

Ginny Hendricks, M.D., family medicine/sports medicine physician, OSF HealthCare

“When you are exercising outside – whether it’s shoveling snow or going for a walk or a run – I think always wearing layers that you can take off easily is always a good idea. You do want most of your skin covered just in terms of wind protection, so wearing a light pair of gloves, a neck gaiter, hats to cover your ears, shirts or a scarf to cover your neck are all good ideas.” (:24)

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“You do want to be slightly chilly when you walk out the door because if you’re feeling warm at the start of your exercise, then as your blood starts to pump and your body temperature rises you are going to get overheated. You don’t want to get too sweaty while you are exercising outside since that can then cool and make you colder.” (:18)

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“I think indoor exercise is always an option. While not all of us have the financial resources to go out and buy the newest Peloton bike, there are things you can do in the house such as jumping jacks, squats, lunges, stepping on and off a chair. There are also things you can buy online like exercise bands that you can use in the house.” (:26)