

Do You Walk Outside in the Colder Months? MANY REASONS WHY TO WALK OUTSIDE IN THE COLD! GET OUTSIDE IN ANY MONTH.

DO YOU/CAN YOU
DO THIS?
SHORT WELLNESS SELF-
CHECKS

Summary:

As I always say one of the best things you can do for your body is walk.

WALKING BRISKLY with large arms motions is great for your muscles and joints and mental health (**depression, anxiety, trauma**).

Walking is Part of all my **Joint Health Care Programs**. Got a sore back I say walk, sore neck, I say Walk, sore shoulder I say walk, etc.

EXERCISE MORE EFFICIENTLY: In colder temperatures your heart doesn't have to work as hard, you sweat less, and work harder. **Not below zero F.** How to dress for Cold Weather Exercise.

CALORIES BURNT INCREASES IN COOLER WEATHER: Exercising in the cold burns more calories than exercising in warmer temperatures, making it easier to lose weight. A study found program participants burned **34** percent more.

WHITE FAT TO BROWN FAT: Walking when it's cold outside may play a big role in turning more white fat, particularly in the stomach and thigh area, into calorie-burning brown fat over time.

SEASONAL AFFECTIVE DISORDER (SAD): Getting outside, even in winter gear, is great for receiving adequate sunlight exposure, which provides your body with a smaller amount compared to summer of critical vitamin D and wards off seasonal affective disorder (SAD)

Do You Walk Outside in the Cold? Walking Outside in the Colder Months

MANY REASONS WHY TO WALK OUTSIDE IN THE COLD!

EXERCISE MORE EFFICIENTLY: In colder temperatures your heart doesn't have to work as hard, you sweat less, and expend less energy, all of which means you can exercise more efficiently. The weather cooler helps lower blood pressure, increase aerobic capacity, stabilize blood sugar levels, and improve your mobility as you walk. Source IF THE TEMPERATURE DIPS BELOW ZERO F (MINUS 18 C) OR THE WIND CHILL IS EXTREME, CONSIDER TAKING A BREAK OR CHOOSING AN INDOOR EXERCISE INSTEAD.

CALORIES BURNT INCREASES IN COOLER WEATHER: Exercising in the cold burns more calories than exercising in warmer temperatures, making it easier to lose weight. A study found program participants burned 34 percent more calories when hiking in 14-23 degree weather than in temperatures in the more comfortable mid-50s. As a result, outdoor school participants lost more weight in the winter program, burning 2,000 more calories than they consumed per day in the winter, versus only 1,000 in the spring. Some people reported burning up to 800 to 1,000 more calories doing the same activities in the winter versus the spring thanks to those colder temperatures.

WHITE FAT TO BROWN FAT: Walking when it's cold outside may play a big role in turning more white fat, particularly in the stomach and thigh area, into calorie-burning brown fat over time. According to a study exposure to cold temperatures can convert white fat tissue from the thighs and belly to beige fat that burns calories for heat, but this biological response is hampered in obese people. Known as brown adipose tissue (BAT), brown fat is a particular kind of fat tissue that burns energy and glucose to generate heat. Findings indicate inflammation from obesity can hinder the conversion of white to beige fat.

SEASONAL AFFECTIVE DISORDER (SAD): Getting outside, even in winter gear, is great for receiving adequate sunlight exposure, which provides your body with a smaller amount compared to summer of critical vitamin D and wards off seasonal affective disorder (SAD); not getting enough sun can cause anxiety and depression. A 2019 study conducted by Harvard University has highlighted exercising for a set amount of time each week can help reduce SAD symptoms including depression and exhaustion. On average, about 35 additional minutes of physical activity each day may help people to reduce their risk and protect against future depression episodes.



I highly recommend YakTrax or something similar when walking outside in the cold and snow.

Review: Despite their diminutive design, the Yaktrax Pro provide amazing traction on snow and packed snow and some additional traction on ice. They are also fine on cobblestone and pavement, even if they have a slightly cushy feel to them.

Always Use Caution when walking outside in the winter!

[Learn more here !](#)

Walking Outside

METS = 3 - 4

**Higher METS > Calories Burnt
MODERATE**

METs can also be translated into light, moderate, and vigorous intensities of exercise.

1. **Sedentary**—Uses 1.5 or fewer METs. Examples are sitting, reclining, or lying down.
2. **Light intensity**—Uses from 1.6-3.0 METs. ...
3. **Moderate intensity**—Uses from 3.0-6.0 METs. ...
4. **Vigorous intensity**—Uses from 6.0+ METs.

OUTDOOR WINTER FITNESS

Walking Outside

SAFE SIMPLE SUSTAINABLE EFFECTIVE

