

How are you supposed
to exercise in this
wicked cold weather?



Rules for the wintry workout.

- 1. There is no bad weather...**
only bad clothing, so layer up on the legs, trunk and especially the head
- 2. Walking in the snow...**
it actually burns MORE calories
- 3. Drink water...**
dehydration is worse in this weather
- 4. Do indoor stuff...**
basketball, dance, swim, bowling
- 5. Skiing...**
gives you an awesome leg workout
- 6. Snow shoveling...**
a boring chore, but
a good upper body
and arm workout

