

# Tips From Your Podiatrist - About Your Winter Exercise

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Don't let the onset of frigid weather interrupt your ability to stay in your best shape ever. You took the whole spring and summer to get yourself in great shape. Now, don't let colder temperatures slow down that awesome routine of exercise that you built up over the "fun shine" seasons.

What's the best advice for staying in shape, exercising safely and keeping a regular routine that's good for your mind, heart and soul? Just take it indoors. Be smart and safe by continuing your exercise routine in a stable, predictable, warm and comfy environment.

For those of you who just can't resist working out in the snow, wind, rain and cold, here are just a few thoughts to keep you safe, thin and sassy over the winter months.

Many people can exercise safely, even in cold weather. But certain conditions, such as asthma, heart problems or Raynaud's disease, can bring special challenges. So it is always best to check with your doctor first to review any special precautions based on your medical conditions and medications.

As always, the best offense is a good defense when it comes to staying healthy. Take a preemptive strike against cold injury by checking the forecast in advance so you don't get stuck outdoors when a windy, snowy storm front rolls in.

Visit your podiatrist early in the fall season to identify early indicators of vascular disease such as small vessel dysfunction, which creeps up on many of us over the years. Also called vasospasm, it causes the small blood vessels of your hands and feet to close down when exposed to cool or colder temperatures. This markedly increases the risk of frost bite in the feet and hands.

Check your winter shoes for good traction. Be certain they are roomy enough for your thick moisture wicking knee high socks. When shopping for winter shoes, take those warm socks with you to be certain you are buying the proper size for fit, comfort and safety.

When in the cold, blood flow is concentrated



*Stay in shape this winter.*

in your body's core. This leaves your head, hands and feet vulnerable to frostbite. Protect them when you are outside. Use soft, warm head gear to prevent your head from being the outlet of your body heat.

Cover vulnerable areas like your ears, throat and chest. Be certain to have enough bulky material to shield your nose and mouth when needed. Gloves that are waterproof and well lined can be your best friend, especially if you are sensitive to cooler temps.

An easy trick to prevent sweaty hands is to use a thin pair of wick away glove liners and carry a more waterproof thick pair of gloves to wear over them when needed. You can always remove the thick outer gloves to prevent excess perspiration.

Early in the season, experiment to find the right combination of clothing based on your desired exercise. If you're naturally "summer lean", you may need more insulation than someone who is heavier.

Very important: intermittent training with a lot of stop and go activity, such as mixing walking with running, can increase your risk of frostbite if you work up a sweat and then get cold again.

Working in the cold can also count as exercise. But, be smart and know when to say when and get the high-school kids to do that work for you. Don't be "that guy" who suffers a heart

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# Your Winter Exercise

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*HOLD FOR SLATER'S*

attack because he insisted on shoveling the drive.

Instability and injury while snow shoveling is common. If you are outside alone you may be stuck in the frigid temperatures a long time before someone else notices.

Be smart, keep up your exercise routine this winter and do it safely. Be sure to ask your podiatrist about other simple things you can do to stay in shape and prevent potentially life-altering winter injuries.

*For further information to improve the health of your legs, ankles and feet contact Dr. Molly Judge for a formal consultation at [Mollyjudge.com](http://Mollyjudge.com) or call 419-732-2618.*

*Dr. Judge treats chronic pain and complex foot and ankle deformity. A focus on conservative treatment is always first. When surgery is needed this is her specialty.*

*Your best is yet to come!*

*HOLD FOR 1812*