

WINTER WALKING TIPS

walk2connect 
#LIFEAT3MPH @WALK2CONNECT

LONG VIKING HAIR AND TOUGH FACIAL EXPRESSIONS TO ENCOURAGE GOOD BLOOD FLOW

FUZZY, WARM, EAR COVERING HAT OR BEANIE

MULTIPLE LIGHT (PREF NON-COTTON) LAYERS VS LARGE BULKY COATS FOR COMFORT AND BODY TEMP REGULATION

SCARF OR WRAP FOR NECK AND TO COVER FACE IN COLD WIND

INVEST IN WELL INSULATED GLOVES. CONSIDER EXPOSED FINGER/MITTEN OPTION FOR EASY WINTER PICTURE TAKING

GOOD LIGHT DOWN VEST FOR QUICK WARM-UP / COOL-OFF

FLEXIBILITY AND GRACE FOR NOT GETTING IT RIGHT ALL THE TIME

YOU ARE A BOLD HEARTED UNSTOPPABLE WALK MONSTER

SUNGLASSES. SUN IS STILL BRIGHT AND IT REFLECTS UP FROM SNOW

LONG JOHNS. THEY WILL BE YOUR BEST FRIEND

WHEN PAIRED WITH LONG JOHNS, YOUR REGULAR NON-COTTON LIGHT HIKING/WALKING PANTS CAN BE PERFECT FOR THAT EXTRA WIND BREAKING LAYER. COMFORT IS BIG

GOOD THICK NON-COTTON SOCKS GOING OVER LONG JOHNS

IF ITS ICY AND EXTRA SNOWY, CONSIDER SHOE TRACTION DEVICES LIKE "KORKERS ULTRA ICE CLEATS"

COMFORTABLE (PREF WATER-PROOF) WALKING, HIKING, CROSS-TRAINING SHOE. TRY THEM ON. TEST THEM.

MORE:

- GIVE EXTRA TIME FOR WARM-UP, ANKLE ROLLS, STRETCHING
- BRING A WARM DRINK IN THERMAL B/C ITS GOOD AND FUN
- CONSIDER A LIGHT BACKPACK TO HOLD EXTRA LAYERS, SNACKS, WATER
- DRINK WATER AND STAY HYDRATED
- BE EXTRA MINDFUL OF PAIN. STOP, STRETCH, RUB AND SLOW DOWN.

- IN DEEP SNOW AND FOR SNOW ANGEL LIKE ACTIVITIES CONSIDER 'GATORS' TO KEEP SNOW OUT OF SHOE
- IF SIDEWALK IS COVERED IN SNOW OR ICE BE SURE TO WALK ON ROAD AGAINST TRAFFIC
- WEAR BRIGHT OR REFLECTIVE CLOTHING TO BE EASILY SEEN
- IF YOU ENCOUNTER ICE, STOMP YOUR FEET AND TAKE IT SLOW
- JOIN A WALKING GROUP OR INVITE A FRIEND SO YOU HAVE SUPPORT IF YOU SLIP