



MOVE MORE!

OK, you look at the window and snow is everywhere... and boy does it look cold! What should you do? Snuggle up with a blanket on the couch in front of the TV? NO!!! How about a little winter exercise?



Why should you go out in the cold? For one thing, outdoor exercise is a sure cure for cabin fever and the winter blues. And it increases energy, which can be sapped by gloomy weather. Exercise also bolsters your immune system — studies show that moderate exercisers get 20

to 30 percent fewer colds than non-exercisers do. And, you won't have to scramble to get in shape for swimsuit season.

If you're not looking forward to another winter of pounding endless miles on the treadmill or power walking the malls, the good news is that you don't have to. With the right clothing, and a little planning, exercise in cold weather can be safe, effective, and, yes, fun!

- **Check with your doctor.** Experts say that almost everyone can exercise safely in the cold, including people with asthma and heart problems. If you have health concerns, get your doctor's OK.
- **Layer it on.** One of the biggest mistakes cold-weather exercisers make is dressing too warmly. Dress in layers that you can remove as soon as you start

to sweat and then put back on as needed.

- **Protect your extremities.** When it's cold, blood goes to your body's core, leaving your hands and feet vulnerable to frostbite.
- **Choose appropriate gear.** If it's dark, wear reflective clothing.
- **Remember sunscreen.** It's as easy to get sunburned in winter as in summer
- **Drink plenty of fluids.** Drink water or sports drinks before, during and after your workout
- **Pay attention to wind chill.** The wind can penetrate your clothes and remove the insulating layer of warm air that surrounds your body.

Stay motivated! Exercise in the winter is just as good for you as exercise in the summer and will make the cold, winter months roll by!



Berrien County Health

Department:
Preventing Disease,
Prolonging Life and
Protecting the
Health of the
Community.



December is Healthy Habits Month!

What a wonderful time to give yourself and your family the gift of good health! With a few simple changes, you can develop healthy habits to last a lifetime! The Health Department will provide information about stress relief, exercise, healthy eating, alcohol awareness and New Year's resolutions. For more information about any of these topics, **please call the health department at 926-7121.**



Signs of Frostbite

While exercising, playing or working outside, it is important to be aware of frostbite and or hypothermia.

Frostbite is most common on your face, fingers and toes. Early warning signs include paleness, numbness and loss of feeling or a stinging sensation. If you suspect frostbite, get out of the cold immediately and slowly warm the affected area without rubbing. If numbness continues, seek emergency care with your doctor or clinic.

If you suspect hypothermia — characterized by intense shivering, slurred speech, loss of coordination and tiredness — get help right away.

To help prevent problems outside, warm your hands and feet every 20 to 30 minutes, and know when to head for home.

Thanks to the MayoClinic.com for much of this information.

Walk to the North Pole!

Come and walk at the Orchards Mall on Saturday, December 13th from 11:00am to 2:00pm. Wood Temporary Staffing, as part of the WOW! Wood-Out-Walking program, and the We Can! Healthy Berrien initiative invite you to start moving by joining walkers at the mall on Saturday as we all walk together. In addition to walking, several local organizations will be on hand to give walkers the opportunity to learn more about healthy lifestyles with information ranging from childhood obesity to stroke awareness to smoking cessation. Even Santa will be there leading the way!

We Can! Healthy Berrien is a program initiated by the Healthy Berrien Consortium, to address the growing obesity epidemic among youth ages 8-13 years and their families. We Can! is a collaborative effort lead by many agencies in Berrien including the Health Department.



The Berrien County Health Department has five locations to serve you:

Benton Harbor

769 Pipestone
P.O. Box 706
926-7121

M-139 Office
2106 S. M-139
927-5623

Niles

1205 N. Front St.
684-2800

Three Oaks

21 N. Elm
756-2008

Or visit us on the web at www.bchdmi.org

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