

# Know how to exercise in cold weather?

Exercising outdoors in cold weather offers the chance to burn calories in a winter wonderland. Whether the activity is skiing, skating, walking, snow shoeing, or jogging, exercising in the chilly air can be invigorating and help keep one's fitness momentum going all season long.

Amy Goldwater, M.S., educator, former body-building champion, and physical fitness expert for TOPS Club, Inc. (Take Off Pounds Sensibly), the nonprofit weight-loss support organization, offers the following tips for exercising safely in cold climates. Exercisers should get a doctor's permission before beginning any fitness program.

- Dress in layers. Ironically, many cold-weather exercisers dress too warmly. Exercise generates a considerable amount of heat. For best results, wear layers that can be removed and put back on as needed. Start with a thin layer of synthetic material such as polypropylene, which "wicks" sweat away from the body. For a middle layer, add fleece for insulation. Top with a waterproof, breathable layer. Goldwater says, "A good rule of thumb for cold-weather exercise is to dress for a day 20 degrees warmer; this allows for the heat generated by exercising. Wind makes a cold day feel colder, so knowing the wind chill factor can help exercisers plan what to wear on breezy days."

- Protect extremities. Try wearing a thin pair of gloves under a pair of heavier gloves

or mittens lined with wool or fleece. Buying exercise shoes a half-size larger than usual will allow for thick thermal socks or an extra pair of regular socks. Note that the body loses most of its heat through the head and neck, so insulate these areas with a hat or ski band.

- Warm up before a workout by walking and stretching; it's well worth the time. In winter weather, muscles tighten and take longer to loosen than they do in warmer temperatures. Goldwater explains that warm muscles burn fat more readily than cold muscles and that muscle elasticity helps prevent injuries. A warm-up also helps improve the function of the nervous system and the heart. Goldwater's guideline: "Warm up and cool down indoors in the winter."

- Choose practical exercise gear. If it's dark, wear reflective clothing. Choose footwear with enough traction to prevent falls. Wear a helmet for skiing, snowboarding, and snowmobiling. Protect eyes from snow and ice glare with dark glasses or goggles.

- Remember sunscreen. It's as easy to get sunburned in winter as in summer – even more so if exercising in the snow or at high altitudes. Wear a sunscreen that has an SPF of at least 15. Use a lip balm that contains sunscreen.

- Drink plenty of fluids. Sip water or sports drinks before, during, and after a workout. Exercisers can become just as dehydrated in the cold as in the heat. Goldwater cautions exercisers to avoid drinking alco-

holic beverages while exercising in the cold. "Alcohol dehydrates and it's important to stay well hydrated since people lose water through perspiration and breathing, even in bitter weather," she notes.

- Know when to go inside. After generating a good sweat, a body becomes more susceptible to the cold, particularly in windy conditions. When finished exercising in cold weather, get back into a warm environment as soon as possible. Being wet and idle in freezing conditions increases the risk of hypothermia. Goldwater says, "Be alert to signs of hypothermia: shivering, drowsiness, disorientation, weakness, loss of coordination and concentration. Watch for frostbite, which is signaled by numbness, pallor, prickling, and itching of the extremities including fingers, toes, nose, and ears. Get inside immediately if signs of frostbite or hypothermia occur."

- Use common sense to be safe. Goldwater recommends, "On very cold days, stay close to shelter, and don't go out alone. Having an exercise buddy is always a good idea for safety – and encouragement!"

TOPS Club Inc. (Take Off Pounds Sensibly), the original, nonprofit weight-loss education and support organization, was established more than 62 years ago to champion weight-loss support and success. Visitors are welcome to attend their first TOPS meeting free of charge. To find a local chapter, view [www.tops.org](http://www.tops.org) or call 800-932-8677.

## Heart Health Fair on February 13

A "Love Your Heart" Health Fair will be held on Saturday, February 13, from 10:00 a.m. to 1:00 p.m. at the Tuality Health Education Center, 334 SE 8th Ave., Hillsboro. Though free, those who plan to attend are asked to call 503-681-1700 so they know how many to be prepared to serve.

Give yourself and those you love an early "Valentine" by joining in this fun and activity-packed family event. Come visit with community and national organizations to hear the latest on heart health.

There will be stations with

interactive demonstrations and information along with breakout sessions on strategies for heart care. Sample delicious foods and take home heart-healthy recipes. There will be free screenings for blood pressure and body mass, plus cholesterol screenings for \$20, (call 503-681-1700, fasting required.)

There will also be a Volkswagon with various start times between 8:00 a.m. and 1:00 p.m. (event ends at 4:00 p.m.). Choose 5- and 10-kilometer options, rated an easy 1+.

## Was your salami part of recall?

Oregon Public Health Division officials, on January 23, began warning consumers about a nationwide recall of approximately 1,240,000 pounds of a variety of pepper-coated salami products manufactured by Daniele, Inc., a Rhode Island company.

"Daniele brand salami has been identified as the source of a large and ongoing outbreak of salmonellosis," said William Keene, Ph.D., M.P.H., a senior epidemiologist at the Oregon Public Health Division. Salmonellosis is an acute bacterial infection that can cause diarrhea, fever and vomiting. "Consumers and food service providers who have any of the recalled products should discard them immediately or return them for a refund."

As of January 23, the Centers for Disease Control and Prevention (CDC) report 184 potentially outbreak-associated cases have been identified in 38 states, including eight from Oregon and 14 from Washington. Nationally, more than 35 people have been hospitalized, but no deaths have been reported. The earliest recognized cases began in July 2009, and the CDC continues to report cases.

The recalled products are widely sold at groceries, warehouse stores and online. Vendors include Costco, Walmart, Sam's Club, Amazon and other locations. Most products are sold under the Daniele brand name, but several items with the Boar's Head, Black Bear, or Dietz & Watson labels are also included. All of the recalled products carry a small round

USDA mark that says "EST. 54" or "EST. 9992." Daniele products with other USDA establishment numbers are not being recalled.

As soon as Daniele was notified of the presence of salmonella in some of its products, the company agreed to voluntarily recall its pepper-coated salami and variety packs that contain any pepper-coating. Daniele continues to cooperate

**See Salami on page 21**

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**Domestic Abuse Hotline**

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