



Tips for Exercising Outdoors in the Winter

Dress 'Dry' Not Just 'Warm' The quickest way to lose body heat is to get wet. Skip active wear made from cotton, which soaks up sweat and rain and holds in moisture. Opt for synthetic fibers instead, such as polyester, nylon, and polypropylene designed to dry quickly.

Layer Up Here's how to layer up for winter workouts: First, put on a thin base layer made of synthetic fabrics (discussed above) to help pull sweat away from your skin. If it's really cold outside, wear a middle layer, such as polar fleece, for extra warmth. Then, add an outer layer (or shell) to protect you from wind, snow, and rain.

Breathe Right In cold weather, airway passages tend to narrow, which makes inhalation more difficult. Breathing in through your nose can help warm and humidify air, but that's not always feasible when you're exerting yourself and breathing heavily. Wrapping a bandanna or buff around your mouth (or another thin fabric layer) can help trap water vapor *in* when you breathe *out* to keep air more moist as you continue to breathe.

Drink Water Some people don't feel as thirsty during cold-weather workouts as they do during warmer-weather workouts, but you're still losing fluids through sweat.

Remove Layers as You Heat Up The biggest mistake in dressing for cold weather exercise is putting on too many layers and not peeling them off in time. Exercising will raise your body temperature and you don't want to get ridiculously sweaty when you're in subfreezing temperatures, leaving you at risk of everything from dehydration to frostbite.

Member Spotlight—Curtis Brafford

What prompted your journey to good health & why did you make the change?

I was unhappy with the way I looked. I was also struggling when playing with my son. I would get tired and out of breath very quickly.

How did you begin & what wellness/fitness resources did you find support from?

My transformation started when my workout partner and I decided to start a competition of who can lose 10% body weight the fastest and then keep it off for an additional 6

months. I purchased a keto diet cookbook to help me with a new way of eating.

How do you feel now & where are you in reaching your goals?

After 4 months of dieting and exercising 5 days a week, I've lost 40 pounds and now have more energy than I did before. I hit my main goal of losing 10% of my body weight and continue to set new goals to keep me focused.

What advice do you have for others who may be hesitant to start seeking a healthier lifestyle?

Make small changes so you don't get overwhelmed. I started with my diet. Ease your way into a new routine to make it a lifestyle change rather than a diet (diets are temporary). Every 3-4 weeks change up your workout routine to keep your muscles growing for continued results.



Dietitian Corner—Myth Busted: Nuts Don't Lead to Weight Gain

Many people avoid nuts because they fear their high calorie content will cause weight gain. However, there is a lot of evidence showing that nuts are a healthy snack and that they can actually *help* us reach our health and weight goals. The secret is to eat them in their whole form rather than ground to reap the most benefits.

Let's nut this out. Here are a few reasons that debunk the myth that nuts cause weight gain:

1. Our bodies don't actually absorb all the fat found in nuts. We can't easily break down the nut's cell walls, which is where most of the fat is stored. As a result, our bodies don't actually absorb all the fat found in nuts. Recent research published from the USDA's Agricultural Research Service found specific types of whole nuts contribute between 5-21% fewer calories than previously thought (below). For example, a 1-ounce serving of walnuts has about 39 fewer calories than what the nutrition label says!

Walnuts – 21%
Almonds – 19%
Cashews – 16%
Pistachios – 5%



2. The fiber found in nuts keeps us feeling full and reduces the number of calories absorbed from meals. Research shows you may absorb up to 130 fewer calories after increasing your fiber consumption from 18 to 36 grams daily! Here are the nuts with the highest fiber content per 1-ounce serving:

Almonds = 3.5 grams

Pistachios, Hazelnuts, & Pecans = 2.9 grams

Peanuts = 2.6 grams



3. Eating nuts reduces hunger and increases the calorie-burning effect. Not only do nuts contain protein, which helps reduce hunger and aid in satiety, but the act of chewing itself is thought to increase the release of satiety-producing hormones. Studies have shown that those who eat nuts burn more calories at rest. The exact reason behind this isn't known, but we have to work harder to chew whole nuts, which could increase the number of calories we burn.

So what's the bottom line? Incorporating a handful of plain, unsalted nuts each day is part of a healthy diet and can actually help you achieve your health goals.

Sources:

Nutrients. 2019 Jan; 11(1): 33. doi: 10.3390/nu11010033. Epub 2018 Dec 24.

Am J Clin Nutr. 2009 Apr;89(4):1019-24. doi: 10.3945/ajcn.2008.27335. Epub 2009 Feb 18.

Is Your Scarf Swarming with Germs?

We try to stop the spread of germs by coughing or sneezing into our elbow, but have you ever thought about the germs your winter scarf may hold? Holding your scarf up to your nose or mouth can transfer your own bacteria, viruses, and other organisms to fabric. In turn, anything your scarf may brush up against can become contaminated as well. The lifespan of germs can vary from a few minutes while others can live months or even years. Protect yourself by routinely washing scarves and gloves. The recommendation is once a week. If you're dealing with more delicate products like leather, visit howtocleanstuff.net for cleaning tips. Refrain from using your teeth to take off gloves, as you may pick up germs and add germs to them. Taking these measures can help the spread of germs during the winter months.

