

## Healthy Measures: Don't let the cold weather slow you down

When we think of active transportation such as walking or cycling, we often think of warm weather. However, active transportation in winter can be fun and will keep you active all year long. It's important to remember some "dress for the weather" tips when participating in active transportation during the cold weather.

### For winter walking:

- Preserve your body heat by layering clothing with thin, lightweight, wind and waterproof clothing
- Bundle up! The risk of frostbite to your exposed skin begins at -25 Celsius with prolonged exposure. Skin can freeze in less than two minutes at a wind chill index of -60 Celsius
- Wear footwear that is well insulated, waterproof, lightweight, with a thick non-skid deep tread sole and a wide and low heel

### For winter cycling, remember:

- Your body will produce more heat than walking. Layering your clothing will allow you to add or subtract layers according to how warm/cool you are
- Ensure you have a Canadian Standard Association (CSA) approved helmet. A helmet liner will fit snugly under the helmet and give you extra warmth
- Short commutes may require warmer clothing since your body has less time to heat up

### In winter, you still receive ultraviolet (UV) radiation:

- Protect your eyes by wearing UV protected sunglasses that are close fitting and wrap around since UV rays can be reflected by snow and other bright surfaces
- Strong winds dry up natural oils in your skin causing a loss of moisture and increasing the sun's harmful effects
- Use a sunscreen and lip balm with SPF 30 or higher, 15 to 30 minutes before going outdoors. Reapply every 2 hours. No matter what the temperature is outside, you can get sunburn!

Take charge of your health during winter active transportation!

### For more information:

[Going somewhere? Go cycling!](#)

[Sun and Snow – protection during the winter](#)

**For more information on physical activity call York Region *Health Connection* at 1-800-361-5653 or TTY: 1-866-252-9933.**

**Healthy Measures: Eat Well, Be Active and Be Yourself!**