



COLD WEATHER FITNESS? OUTSIDE? YOU BET!

by Thad McLaurin

It's kind of funny. In summer, I'll hear, "It's too hot to go outside." And in winter, I'll hear, "It's too cold to go outside." I think weather is often an easy out for some who want to skip exercising. There is always the gym option, but sometimes it is better to get out and get some fresh air and sunshine. Of course, you must use your discretion in severe cold conditions and when there is ice or snow, but exercise outside during the winter can be an option if you dress properly. Not sure what to wear on these cold workouts? Here are a few tips:

Warmth and Moisture Management

- Dress as if it's 10-15 degrees warmer than it really is. Your core temp will increase by that much once you start moving. You may be a little chilly at the start, but you won't end up overheating later in the workout from being overdressed.
- Layer up. Several layers of technical fabric can help with warmth and moisture management. Your perspiration will travel through the layers instead of ending up with one heavy, soggy layer. The number of layers needed will vary from person to person. Also, with layers, you have the option of removing a layer if you get hot during the workout. With one heavy layer, you're pretty much stuck unless you want to join the Polar Bear Club. :-)
- If it's windy and cold, wear a light wind breaker over top the layers to prevent the wind from penetrating the layers.

Don't Forget Your Head, Hands, and Feet

- Wear a cap that covers your ears. Your ears can be at risk for frost bite if not covered, so be sure your cap is big enough to cover those lobes! Ear muffs or a wide headband that's designed to cover the ears are good, too.
- Don't wear metal jewelry outdoors in the cold. Metal conducts cold, increasing your chances of frostbite. Uncovered ears donning metal earrings are particularly at risk!
- Wear gloves. I prefer to wear mittens made of technical fabric with a wind barrier. I've found that by having my fingers together inside the mitten creates more heat, and the wind-barrier fabric holds in that body heat keeping my hands warmer. If I do wear gloves, I usually end up pulling my fingers out of the finger slots and balling them up inside the palm of the glove to get the same effect.
- Hand warmers work well too. There are a couple of different brands, but they all work the same. They look kind of like oversized tea bags. When exposed to air, they heat up. Stick one hand-warmer in each glove; they work well keeping your hands toasty.
- Keep those tootsies warm too! Most athletic shoes are designed to breathe. In the winter though, that can mean chilly feet! To keep your feet warm, try wearing two thinner layers of socks. This will help increase warmth as well as help with moisture management. There are also some great fabrics, such as SmartWool, that work well in keeping feet warm.

Remember to Stay Hydrated

- Not clothing related, but still very important--stay hydrated. You sweat just as much in the winter as you do in the summer. But the less humid atmosphere of winter creates a deceptive perception that you're not sweating as much. Because it's not as humid, your perspiration evaporates quickly instead of staying on your skin and/or soaking your clothing. Kind of the out-of-sight-out-of-mind syndrome. So, be sure to hydrate before, during, and after your run.



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Isn't It Time to Quit Smoking?

The effects of nicotine in tobacco products on the body make smoking addictive and produce withdrawal symptoms when stopped.

Of the 250 known harmful chemicals in tobacco smoke itself, 69 of them can cause cancer. According to the CDC (Centers for Disease Control and Prevention), "Cigarette smoking harms nearly every organ of the body, causes many diseases, and reduces the health of smokers in general." More than 10 times as many U.S. citizens have died prematurely from cigarette smoking than have died in all the wars fought by the United States.

For more than 40 years, the American Cancer Society has hosted the Great American Smokeout on the third Thursday of November (Nov. 15 this year). It is an opportunity for smokers to commit to healthy, smoke-free lives—not just for a day, but year-round. The event challenges people to stop smoking for at least 24 hours and helps them to learn about the many tools they can use to help them quit smoking permanently.

Getting Started

Here are some suggestions from the CDC and The American Cancer Society to help you prepare to quit smoking:

- Set a quit date within the next month; this is a key step in making a commitment to stop smoking. It can be November 15th, the Great American Smokeout date or another day that is special to you (birth-day, anniversary, etc.). Circle the date on your calendar as a reminder.
- Tell your family and friends about your plans, and ask them to support you via text message, phone call, email, etc., to help you stay committed.
- Leading up to your quit date, start removing cigarettes and any other tobacco products from your home, car, and workplace. Get rid of matches, lighters, and ashtrays.
- Clean and freshen your car, home, and workplace to remove old cigarette odors that may cause the urge to smoke.
- Stock up on oral substitutes for smoking – sugarless gum, carrot sticks, hard candy, cinnamon sticks, etc.
- Speak to a knowledgeable source (doctor, pharmacist, health care provider) about other options: nicotine patches, gum, or other approved quit remedies.

Manage Your Quit Day

Tips to help you stay strong on your first day without cigarettes or tobacco products:

- Avoid caffeine which can make you feel jittery; drink lots of water instead.
- Spend more time with nonsmokers than with smokers.
- For meals and snacks, go where smoking is not allowed.
- Change your routine to avoid things you associate with smoking.
- Go for a walk, jog, or other exercise.
- Attend or join a stop-smoking group.
- If all else fails, plan to use NRT (nicotine replacement therapy: patch, gum, lozenge, inhaler, nasal spray) if you are struggling with strong withdrawal symptoms. NRT reduces withdrawal feelings by giving you a small controlled amount of nicotine, but none of the other dangerous chemicals found in cigarettes.

Stopping an addiction takes time. If you relapse, don't give up, but start right back on your plan to quit smoking.

Visit www.cancer.org to learn more about quitting smoking, improving your health, or getting involved with the Great American Smokeout in your community. Or simply call the American Cancer Society any time at **1-800-227-2345**.



The Best Homemade Pumpkin Spice Latte

PREP 5mins
COOK 5mins
TOTAL 10mins

Make the popular coffee house pumpkin latte at home. Canned or homemade pumpkin puree both work well in this recipe.

Makes 2 Drinks

YOU WILL NEED

- 2 cups milk (dairy or non-dairy)
- 2 tablespoons pumpkin puree
- 1 to 3 tablespoons sugar, depending on how sweet you like it
- 1 tablespoon vanilla extract
- 1/2 teaspoon pumpkin pie spice, plus more for serving
- 1/2 cup strong hot coffee
- Whipped cream, for serving

DIRECTIONS

Add milk, pumpkin puree, and sugar to a saucepan over medium heat. Heat until hot, but do not boil. Remove the saucepan from the heat and whisk in the vanilla, pumpkin pie spice, and the coffee.

Divide the mixture between two mugs. Top with whipped cream and a sprinkle of pumpkin pie spice.

TIPS

- **Milk:** This tastes best with 2% or whole milk, but you can substitute with skim milk. Non-dairy milk like soy, almond, or coconut milk will also work.
- **Sugar:** This recipe calls for 1 to 3 tablespoons of sugar. How much you use is up to you. We tend to prefer less sugar in our drinks.
- **Pumpkin Pie Spice Blend:** Find pumpkin pie spice at the store or make it at home.
- You likely have everything you need to make it already. Mix the following spices in a spice jar: 1 1/2 tablespoons ground cinnamon + 2 teaspoons ground ginger + 1/2 teaspoon ground nutmeg + a pinch of ground cloves.

NUTRITION PER SERVING: Serving Size 1 drink / Calories 171 / Protein 9 g / Carbohydrate 21 g / Dietary Fiber 1 g / Total Sugars 20 g / Total Fat 6 g / Saturated Fat 4 g / Cholesterol 24 mg

Recipe source: <https://www.inspiredtaste.net/8419/pumpkin-spice-latte-at-home-recipe/>