

Gear Up To Stay Active This Fall & Winter

Fall and winter can be cold, wet, and dark. But that doesn't mean you have to give up your daily walk, bike ride, or other outdoor activity. Follow these tips to stay warm and safe. Here are some things to consider to help make it easier for you to maintain your activity.

- Layers. Start with a base layer made of wool or a synthetic fiber. Add a fleece or wool sweater or vest, then a jacket and pants that are breathable, repel moisture, and block wind. You can shed or add layers as the temperature changes.
- Hat. Keep body heat in with a wool or fleece hat, and/or a helmet.
- Mittens and gloves. Mittens are usually warmer, but use gloves if you need dexterity for your activities. Choose a pair that is breathable, waterproof, and not too tight.
- Footwear. Choose wool or synthetic fleece socks (don't wear a second pair if it makes your shoes too tight). Look for lightweight, waterproof boots, or athletic shoes with good tread to keep you from slipping.
- Reflectors and lights. After dark, wear a neon vest over your outer layer—and a head lamp. Add reflective tape to your pant legs, jacket cuffs, hat, or shoes. Equip your bike with multiple lights and reflectors to help you see and be seen.
- Emergencies. Carry ID and a cell phone in case of an accident or medical emergency.

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