

Cold Weather Protection

Winter is approaching fast and the days are becoming colder and darker. With seasonal change comes the challenge of keeping warm inside and outside of the home.

For many of us, regulating body temperature is a challenge. To maintain a feeling of warmth, explore our tips this winter season:

- The most common way to keep warm is to dress in layers. Articles of clothing made from wool, cotton or fleece are warmest. When indoors, wear warm socks and slippers to keep your feet warm.
- Wear gloves or mittens outside and when handling cold items from the fridge and freezer. Exposure to cold temperatures cause the muscles around the arteries to tighten. Protecting your hands can make a difference.
- Keep as active as possible to boost circulation. Exercise increases blood flow to the surface of the skin and helps warm the body. Move around at least once an hour and avoid sitting still for long periods. Wave your arms in a circular motion to force blood out into your hands.
- Close doors in your home and use items to block drafts. Consider replacing thin curtains with heavier wool or fleece drapes. Purchase thermal linings to keep heat inside your home.
- Eat foods such as bananas and oats that are naturally nutrient-rich. These foods increase the body's protection of heat and help regulate body temperature, among other health benefits.

None of these methods are perfect and their effectiveness may vary by person. There are many products and recommendations for how to keep your hands and feet warm, test these for yourself this winter season.

Sources:

<https://my.clevelandclinic.org/health/symptoms/17861-cold-hands>

<https://www.uofmhealth.org/health-library/aa2985>