

Slide into ski season

How to keep fit and healthy this fall and winter

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In other cities, January is the big month for new gym memberships. The New Year's resolution spike.

Not in Boulder.

Our spike comes in the fall, when the temperatures begin dropping and the many outdoor enthusiasts are forced under shelter.

"It's days like today," Carrie Barry, owner of The Corner Boxing Club, says last week during the stretch of gray skies. "That's when people start to show up."

Meteorologists predict an especially chilly winter this year. As the weather shifts, it's time to shift your fitness patterns, too.

A slow, steady transition to build new patterns can help ease you into a sustainable new routine, without losing ground, says Barry.

She recommends finding the right gym right now and start visiting it once or twice a week, weather notwithstanding. On nice days, run or ride your bike to the gym, even if you decide not to go inside, she says.

"Then, rather than falling out of your routine, it naturally flows into the fewer and fewer days that we can play outside," Barry says.

Here are some other expert tips on how to keep fit this fall and winter:

- 1. Write it down.** Write down your goals with an end date. Research shows that people who plan and write down their weight-loss goals succeed 90 percent of the time, whereas non-planners succeed less than 10 percent of the time, according to Bar Method founder and creator, Burr Leonard, and **Franci Cohen, a personal trainer, certified nutritionist and exercise physiologist.**
- 2. Set concrete goals.** When your brain sees a concrete goal on paper, the brain logs it as important and creates an emotional attachment to it, Cohen says.
- 3. Get accountable.** Smaller classes or personal training can help improve accountability, says Irlbeck.

"A place where people can go where others notice when they're not around is really important, especially in the winter when people would rather stay home in their jammies with a book and tea," she says.

Exercise safely outside

So you just cannot stay indoors.

Here are some ways to get active outside in the winter, without putting yourself in danger, courtesy of Fitness For Living (fitliv.com):

- 1. Keep hydrated.** You might not feel as thirsty in the cold, but your body needs water just as much, if not more. Prevent frozen tubes in your hydration pack by blowing water back into the bag after drinking.
- 2. Dress in layers.** Wear light layers that you can take off when you get too warm but can easily put back on when you stop for a break. Keep yourself warm, without sweating too much.
- 3. Warm up inside.** You will warm up better and not lose as much heat if you warm up indoors before hitting the trails.
- 4. Pack a change of clothes.** Change out of your sweaty clothes (especially the underlayer) as soon as possible.
- 5. Protect your extremities.** Wear glove liners or mittens on your hands. Wear a single pair of quality socks in well-fitting shoes. Pack a hat or headband.
- 6. Wear shoe studs.** They help prevent slipping on the ice and slush.
- 7. Shift your expectations.** Colder muscles tend to be weaker, so you might need to modify your goals and intensity levels when running in the snow.