

**WTNS Radio OSU Extension Update for January 8, 2024**  
**Healthy People. Healthy Finances. Healthy Relationships.**

On today's OSU Extension update for Healthy People, Healthy Finances, & Healthy Relationships we'll talk about getting active outdoors, and as always look at some upcoming programs from OSU Extension.

We may not always think of January and February as the prime time for getting active outdoors, but there are plenty of good reasons to get outside.

The American Heart Association encourages us to stay active in winter with brisk walking or hiking, and jogging or running. Eventually, we will probably get some snow and subfreezing temperatures, which leads to great activities like shoveling snow, sledding, and maybe even ice skating.

The key is how we dress. I do not understand how teenagers reject their coats so readily this time of year. Layers are the best strategy. The type of material really does matter. Cotton is not a good fabric to layer. When cotton becomes wet with perspiration or precipitation, the moisture is trapped. It is better to use a moisture wicking fabric made from synthetic fibers that dry quickly.

Iowa State University recommends that the next layer should be an insulation layer if activity level tapers off. The best insulators include wool and goose down. They trap warm air but still provide ventilation. The outer shell should ideally be made of material that will allow sweat to vent, but also block wind and rain. Unless you have waterproof gear, don't work out if it's raining or snowing because getting wet in the cold could lower your core body temperature.

Iowa State University also reminds us to keep our heads covered. The head and neck lose heat faster than any part of the body. I definitely have found this to be true while running in cold weather. I usually use a headband over my ears. With a hat, I am too hot. But with nothing, my ears are too cold.

And don't forget about your feet. Here is an amazing fact. "The feet generally can pump a full cup of perspiration over the course of an active day." Eew. That is why it is important in cold weather to wear footwear that is durable, waterproof, and breathable. One strategy is double layer socks made with a thin layer of wicking material as well as a synthetic fiber.

Besides the benefits of physical activity, getting outside is also a great way to get some sunlight on those precious days where we get to see the sun. This is important for vitamin D production and can also boost our mood. Studies show that being physically active outside triggers responses in our bodies to reduce stress levels. There are benefits to working out indoors, but there really is something extra that happens when we are outside in nature.

The Centers for Disease Control and Prevention recommend exercise to boost our immunity. Just a few minutes a day can help prevent simple bacterial and viral infections.

Can it ever be too cold to go out? Yes, there are temperatures that are just not safe because of the risk of frostbite or hypothermia. When the temperature is 0 F, wind of just 15 mph can make the wind chill feel like -19 F. At that point, frostbite can occur in 30 minutes. If the temperature is -10 F with 25 mph winds, then it feels like -37 F. Frostbite can occur in just 10 minutes.

But when it is a fairly calm day, even cloudy and gray, and the temperature is above 20 F, then put on a couple of layers and venture out. Your body, your mood, and your overall health will appreciate it!

And now let's see what's new from OSU Extension: 2024 programming plans are underway. The next series of ServSafe Manager training will be February 7, 14, and 21 with the proctored exam on February 28. Are you looking for some help to better Manage Your Money? Join our online class Thursday evenings, February 1, 8, 15, and 22 to be empowered to take control of your financial situation. Registration for all these programs is available on our facebook page or our website [coshocton.osu.edu](http://coshocton.osu.edu).

In closing, at OSU Extension, we are proud to work for Coshocton County to help educate and empower our families, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at [coshocton.osu.edu](http://coshocton.osu.edu). Make it a healthy day!