



# Fitness Facts

## Staying Fit During The Colder Months

(NAPSA)—Those who appreciate the benefits of staying fit don't let cold weather force them into hibernation. The cooler months can provide some wonderful opportunities to exercise.

"Even if you don't ski or snowboard, I think it's important to stay active in the winter, whether you live in the city, the suburbs or the mountains," says U.S. Ski Team member Lindsey Kildow. "Go for a walk in the woods, ride your bike, join a gym, or even take the stairs instead of the elevator."

Blustery air, however, can be very drying and sun exposure can be harsh, even in chillier months, says the Olympic star.

"The most important thing for me is to stay hydrated both inside and out, which means drinking a ton of water and using a good body moisturizer," says Kildow.

Kildow prefers a natural moisturizer that contains oats, such as Fragrance Free Skin Relief Moisturizing Lotion by Aveeno. It moisturizes extra-dry and itchy skin for 24 hours, so she doesn't have to constantly reapply it, which is a must, especially when she's out on the slopes for hours at a time.

Kildow's other tips for improving overall health in the colder months are:

- Take a multivitamin every day, especially something that has vitamin C, to boost your immune system when cold and flu season is at its peak.



**It's important to stay active in the winter. Ski, snowboard, go for a walk, ride your bike, join a gym. To keep skin from drying out, use a moisturizer that contains oats.**

- Wear a broad-spectrum sunscreen. Winter can be the worst time for sun damage, especially if you enjoy outdoor activities such as skiing. Wear a sunscreen with an SPF of at least 30 and apply it several times a day.

- Never leave home without your shades. The sun's glare off of the snow and ice can be harmful for both skin and eyes.

- Wash your face with a mild cleanser once or twice a day. Exercise sweat can clog your pores.

- Use lip balm; chapped, cracked lips can be a problem for skiers.

Don't let the cold keep you locked indoors, says Kildow. Wear plenty of layers—thermals and fleece are always a good choice—and get out there and enjoy life.