



Exercise in Cold Weather

Learning plan: Cardiac Rehab

UHN CARDIOVASCULAR PREVENTION AND REHABILITATION PROGRAM

Topic Summary: Exercise in Cold Weather

Cold temperatures put stress on your heart. Learn how to exercise safely in cold weather conditions and when you need to find a place to exercise indoors.

Learning goals

Explore the learning resources to learn:

- How your body may respond to cold weather
- How to exercise safely when the temperature drops

Learning Resources

- Website: [Exercise and Cold Weather](#)
- Webinar: [Exercising in Cold Weather](#)
- Patient Guide: [Staying Active for a Healthy Heart](#)

Tools for Self-Management

- [Create your action plan](#)
- [Reflect on your week](#)
- [Places to exercise indoors](#)

Key points:

- ◆ Exercising in certain weather conditions can be dangerous. Review the [Tips for Safe Cold Weather Exercise](#) on Cardiac College.
- ◆ Check the temperature and the wind chill before you exercise outdoors. Make a plan to exercise indoors, when needed.

Do not exercise outdoors when the temperature is below -10°C (15°F) or when the combined air temperature and wind chill are below this level.