



# Exercise in Cold Weather: Snow Shovelling Tips

## Learning plan: Cardiac Rehab

UHN CARDIOVASCULAR PREVENTION AND REHABILITATION PROGRAM

### Topic Summary: Exercise in Cold Weather – Snow Shovelling Tips

Snow shovelling makes your heart work hard and could lead a heart event. Read the tips below to learn how to keep your heart safe after a snowfall.

### Learning Resources

- Website: [Exercise and Cold Weather](#)
- Webinar: [Exercising in Cold Weather](#)

### Key points:

- ◆ Your fitness level may not be high enough to shovel snow. Most snow shovelling requires a fitness level that matches what is needed for a light jog.
- ◆ Many people are at a higher risk of having a heart event or a muscle or joint injury while shovelling or taking snow off their vehicle, because: 1) they do not complete a warm up before shovelling, 2) they are above their target heart rate range, and 3) they do not follow a safe lifting or breathing technique.
- ◆ If you need to shovel, follow the tips on [how to exercise safely in cold weather](#). Also, be sure to complete a warm up, follow your exercise prescription, move smaller amounts of snow, breathe while lifting, and take breaks.
- ◆ Resources may be available in your community for snow removal services. Ask your Cardiac Rehab team for more information.

**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.**