



volume1, issue 1  
winter 1997

# fitness help™

Up to date fitness information for the health conscious individual

# Winter Clothing That is "Fit to Perform"

*Mindy Solkin, Creator of RunnerRobics™*

The sport of running has come a long way since the "running boom" of the 70's. Back in those days, to keep warm, a runner donned a cotton t-shirt, sweatshirt and sweatpants. However, what we know now, but didn't know then, is that the most important factor in winter running is to stay dry, and in so doing, you will also stay warm. Since you lose body heat as much as 32x faster in wet conditions, the proper apparel, and layering of that apparel, is necessary to prevent chills and hypothermia by controlling body temperature. Because cotton absorbs moisture and stays wet, it is not an ideal fabric for keeping your body dry.

Enter the age of high-tech fibers and fabrics of synthetic materials. These moisture management materials are best worn in layers that keep you dry by (1) protecting you from outside factors like rain, snow, and wind and (2) moving moisture away from the skin to the outside.

There are three basic levels of layering for winter running. The first, or base layer, should absorb perspiration and transport it away from the skin where it evaporates into the air. This layer should be lightweight and fit snugly to keep your skin dry. The second layer, or middle layer, serves as a heat insulator, by trapping some air to keep you warm, yet releasing enough vapor or heat to avoid overheating. This layer should be mid-weight and fit loosely over the first layer. The third, or outer layer, performs double-duty by being breathable and water resistant. This layer, usually in the form of a jacket, should protect you against rain, snow and wind. Loosely fitting garments designed with vents or mesh linings will improve breathability by allowing heat and perspiration to escape to the outside. All of the above information is directed for clothing for your upper body. Although your legs do not perspire as much as your torso, they will also benefit by wearing moisture management fabrics thus keeping you dry and your working muscles warm to protect them from injury. Unless it is extremely cold, windy or rainy, only one layer is needed.

Your hands, feet and head act like a chimney for your body. A high percentage of heat escapes through them. Therefore, it is also important to wear gloves or mittens; hat or headband; and proper socks, to keep you warm and dry. Once again, aim for high tech moisture management fabrics, not cotton. Note that cotton socks will give you blisters and that's the last thing you want to deal with on a training run.

There are many brand names in the sports apparel marketplace now. Try them and I'm sure you'll agree that proper clothing will get you to the finish line in comfort.

## Best 5 Fitness-Related Internet Links

*David Ondrick, New Media Consultant*

I found these sites by using the search engines at [www.search.com](http://www.search.com), [www.altavista.com](http://www.altavista.com), and [www.hotbot.com](http://www.hotbot.com).

- <http://www.cdc.gov/nccdphp/sgr/sgr.htm> (surgeon general's report)
- <http://www.fitnesslink.com/>
- <http://www.fit.org/>
- <http://www.cdc.net/~primus/fpc/fpchome.html>
- [http://archie.ac.il/papers/rma/stretching\\_1.html](http://archie.ac.il/papers/rma/stretching_1.html)

## No Time to Work Out? Read the Following

*Ron Sambat, MS, NY Trainer*

Is it possible to have an effective resistance training workout in a limited amount of time? The answer is yes if the workout is performed and organized properly!

The push-pull and circuit methods of training are two efficient techniques: both minimize idle time. The push-pull method involves performing consecutive exercises which involve opposing muscle groups (chest press/upper back row; leg extension/leg curl; triceps pushdown/bicep curl). The circuit method involves performing alternating sets of different major muscle groups with minimal rest between sets (quadriceps, hamstring, gluteals, chest, back, shoulders, triceps, biceps, abdominal, lower back, and calves). Usually upper and lower body exercises are alternated. Under certain conditions, either of these techniques can be used to produce time efficient workouts. Performing multi-joint exercises (push-ups, pull-ups, bench press, row, shoulder press, leg press, squats, lunges) is a good way to work several muscle groups at the same time. Working unrelated muscle groups between sets of an exercise is another way to save time during workouts. Examples of this are crunches for the abdominal between sets of bench press and lunges. The resistance training techniques described above show that a limited amount of time can be enough to perform an effective resistance training workout. All it takes is knowledge and organization.