

**Winter woe**

A snowfall derails your usual outdoor workout.

**Fix-it trick** Let it snow! The white stuff increases the calorie burn of each step. For example, a 30-minute moderate walk on an even surface burns 106 calories for the average 140-pound woman. Snowshoeing for the same amount of time more than doubles the burn, to 256 calories. Runners, meanwhile, can safely jog through the season by stealing these get-a-grip strategies from the pros up north, who regularly brave the flakes.

**1.** Invest in a trail-running shoe for its deeper treads, which provide better traction—some water-resistant models, like the **Asics Gel-Arctic 2 WR** (\$90, [asics.com](http://asics.com) for info) have removable spikes on the outsole—or a set of winter cleats, such as Yaktrax (\$30, [amazon.com](http://amazon.com)), which slip on over your running sneakers. **2.** Listen to your body: Run slower than usual and take shorter strides. “If you continue your normal stride length, your calves will be sore the next day, because you tend to claw the ground with your toes to keep your footing,” says marathon coach Ronnie Carda, Ph.D. coordinator of the University of Wisconsin–Madison’s physical activity program. **3.** Skip the hills. “More falls happen on downhills,

because you naturally tend to pick up your pace, making it harder to stop when you hit an icy patch,” says Jan Ochocki, a coach with the Road Runners Club of America in Minneapolis. **4.** “Get out while the powder is down” is the basic rule of

## Instant Rehab for Soggy Sneakers

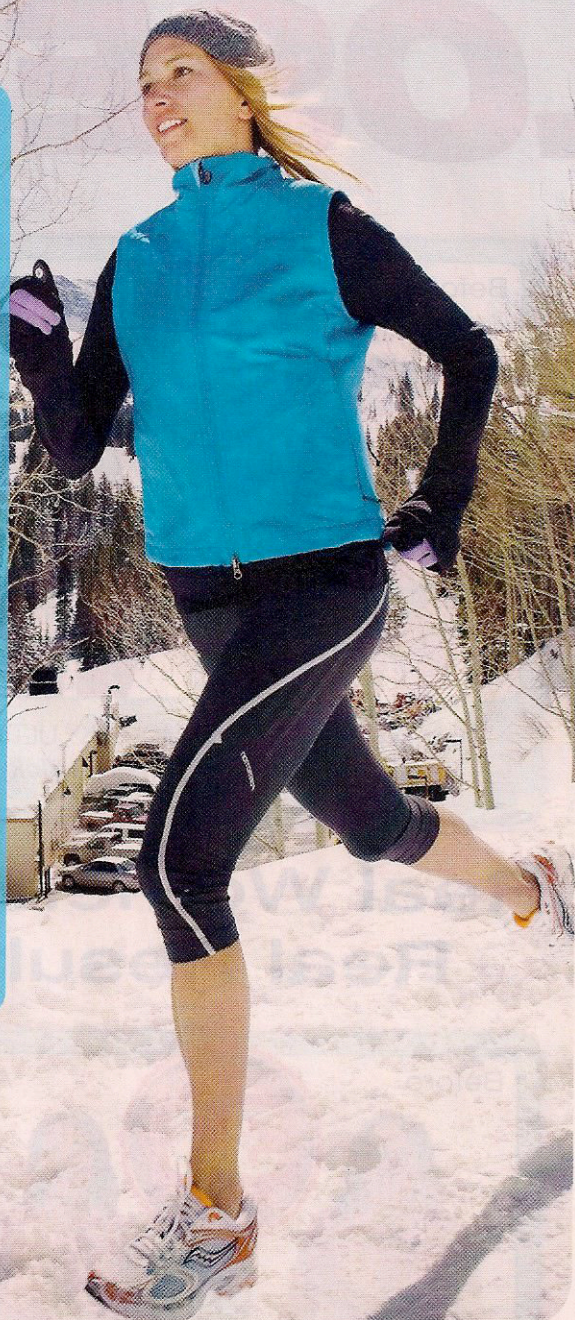
Salvage your slush-soaked kicks overnight with this three-step checklist from John Luna, footwear product manager for Asics.

**Remove sock liners and wet laces** and hang them up so the sneakers can dry quicker.

**Stuff shoes with wadded newspaper** to soak up the stink and moisture.

**Place them in a warm, dry spot** but not too close to the radiator: Heat breaks down the foam and rubber in sneakers.

**TIP** Spraying your sneakers with a waterproofing solution can help them withstand the wet better, Luna says, but it can also make them less breathable. Try **Granger’s G-Max Universal Footwear Waterproof** (\$10, [rei.com](http://rei.com)).



thumb, Carda says; sit it out if snow refreezes overnight into hard-packed ice.

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You're too comfy on the couch to break a sweat.

**Fix-it trick** Don't settle on your sofa until you've completed your workout for the day. “It's a motivation killer,” Baumgartner says.

Change from your work clothes directly into workout wear—skip the pj's!—when you get home. Still can't peel yourself off the cushions? Stash resistance bands under the seat to remind yourself to get moving during commercial breaks. Or try the at-home, no-equipment routine that follows, from Mike Donavanik, a celebrity trainer in Beverly Hills. Do these moves during

commercials rather than fast-forwarding and repeat the circuit until your show starts up again.

- 15 squats
- 15 push-ups
- 15 crunches
- 15 seconds of high knees

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*Brr!* It's too cold to exercise outside.

**Fix-it trick** Dress for success in freezing temperatures. With the right gear, it's almost never too frigid to work out, according to John W. Castellani, Ph.D., an exercise physiologist at the U.S. Army Research Institute of Environmental Medicine in Natick,

Massachusetts. Because moisture on your skin evaporates and pulls much-needed heat from your body, the key is to dress so that you're protected but you don't get soaked with sweat, Castellani says. "Begin your workout feeling cool, not toasty, since you'll warm up once you get moving." Consult his "Dress Code for Winter Workouts" checklist (opposite page) before you head out, and do your warm-up, stretching and cooldown inside to reduce your exposure. If it's a blustery day, start your walk or run by facing the wind so you'll work hardest when you're fresh.

### Winter woe

You can't get out of bed on dark mornings to do your a.m. workout.

**Fix-it trick** Tuck in earlier to go from tired to inspired. "Darkness is a cue for your brain to crank out the sleep-inducing chemical melatonin," says Alfred Lewy, M.D., a sleep and mood disorder researcher at Oregon Health & Science University in Portland. "In the winter, when you wake up before sunrise, it's like having jet lag—for four or five months," Lewy says. If it's not possible to wait for the sun to sneak in your workout when you're

more energized, he suggests making your wake-up easier by going to bed 15 minutes earlier each week over the next four weeks: Set your cell phone alarm for when it's time to hit the sack at night and avoid computer and TV use for an hour before bedtime to shut out light and other brain stimulators. That extra hour of shut-eye could make a huge difference in your morning-after mood: Brazilian researchers randomly assessed 200 healthy people and found that night owls, who went to sleep at midnight, were almost three times more likely to experience severe symptoms of depression than those who turned in at 11 p.m. ■