



*My Heart. My Life.™*

# Cold Weather FITNESS GUIDE

YOUR PATH TO HEART HEALTH



*My Heart. My Life.™*

7272 Greenville Ave.  
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[heart.org/myheartmylife](http://heart.org/myheartmylife)



Fitness Basics Healthy Eating Nutrition Basics **Getting Started**  
GETTING FIT **Walking** Raising Healthy Kids Getting Fit  
Healthy Habits Staying Motivated HEALTHY COOKING *Healthy Living For All*

*Exercise is a great way to boost your immunity — which is especially important during cold and flu season. Just a few minutes a day can help prevent simple bacterial and viral infections.<sup>1</sup>*

*Get active in your community. Start a walking club at [mywalkingclub.org](http://mywalkingclub.org) or find a local walking path at [startwalkingnow.org](http://startwalkingnow.org).*

# The Season FOR BEGINNING!

When winter blows in, you have two options: You can pull the blankets over your head and go back to sleep—or you can suit up and head out for an outdoor winter adventure!







## Cooler Weather = Big Opportunity

There's no reason you need to take a break from physical activity when the temperature drops. In fact, exercising in cooler weather has some distinct advantages over working out in the warmer weather. For one, you don't have heat and humidity to deal with. In fact, winter's chill can make you feel awake and invigorated.

Not only that, you can work out harder in the cold weather—which means you burn even more calories. Heading outside in the winter is also a great way to take in the sunlight (in small doses). Not only does light dramatically improve many people's moods, it also helps you get the vitamin D.

YOU ARE HERE

### HEART HEALTH PATH LEGEND

-  Healthy Eating
-  Getting Fit
-  Raising Healthy Families
-  Activities in Your Community
-  Healthy Life Habits
-  Enjoy Life

<sup>1</sup> Centers for Disease Control and Prevention

**Cold Weather**  
**FITNESS GUIDE**  
YOUR PATH TO HEART HEALTH

You Need:

**150**  
minutes of  
**moderate**  
exercise a week

Break it down:

**30**  
minutes per day,  
five times a week

It feels like:

Moderate activity means your heart is beating faster and you're starting to sweat. You can carry on a conversation, but you'll be breathing heavier.

**Try It!**

Walking at a Brisk Pace | Ballroom Dancing | Ice Skating  
Snowshoeing at a Steady Pace | Aqua Aerobics  
Pushing a Stroller at a Brisk Pace | Shoveling Snow

— or —

**75**  
minutes of  
**vigorous**  
exercise a week

**25**  
minutes per day,  
three times a week

Vigorous activity feels more taxing. Your heart is beating much faster. You can carry on a conversation, but will find yourself pausing to take a breath.

**Try It!**

Pushing a Stroller Uphill at a Very Brisk Pace  
Running/Jogging | Snowshoeing at a Brisk Pace  
Racquetball | Jumping Rope | Basketball  
Swimming Laps | Cross-Country Skiing

### Break it into 10-Minute Sessions!

Whether you're aiming for 150 minutes of moderate or 75 of vigorous exercise, you can break either down into 10-minute bouts, sprinkled throughout your day.



walking the dog  
walking at lunch  
walking around the block after dinner  
jumping jacks, lunges and sit-ups  
dancing with your kids  
shoveling snow  
housework (constant moving)  
brisk walking at the mall before you shop  
(and 10 minutes after!)

Following the American Heart Association physical activity recommendations helps you:

- Cut your risk for heart disease, stroke and diabetes.
- Extend your life expectancy.
- Work toward a healthy weight (or maintain the weight you have).
- Have more energy to do the things you love.
- Sleep better.
- Enhance your mental well being.
- Be a great role model for the people in your life.
- Be ready to hit the ground running in spring!
- Gear up for swimsuit season.

**Replace your walking or running shoes every six months. The cushioning starts to break down with repeated use.**

## It's a Cool Fact: Walking Works!

Did you know that you are more likely to stick with walking than any other exercise? That's great news for five important reasons:

- **It's efficient.** Just 30 minutes of walking a day can improve your circulation, lower your cholesterol and blood pressure, and help you lose weight.
- **It's free.** The only thing you need to start is a pair of supportive walking shoes.
- **It's simple.** There's no equipment required, nothing complicated to learn, and you can do it right where you are. Just step outside.
- **It's easy to fit it.** Run errands, walk the dog, take a lunchtime walk, catch up with friends or spend time with your significant other during an evening walk, or bundle up your kids and walk as a family. There are dozens of ways to fit in bursts of walking this season.
- **It's customizable.** By changing up the time, distance, pace and route, you can create the right walking program for you.

## One Step at a Time

Whether walking is a new habit or you're a seasoned pro, you can improve your walking workout by concentrating on your form.

- Try to keep your arms relaxed at your sides, at about a 90-degree angle. Your arms are there to use. Let them fall into a natural stride with your legs.
- Focus on pressing your shoulders down (our tendency is to let them creep up to our ears), and stand tall and straight.
- Keep your head neutral and your gaze straight ahead.
- Keep your abdominal muscles pulled in and taut as you walk. Imagine using them to hold your spine straight.
- Focus on landing evenly on the heel of your foot, rolling forward to the ball of your foot and then pushing off with your big toe.
- As you begin to quicken your pace, focus on taking more steps per minute (rather than simply taking larger strides, which can strain your muscles).

## Stay Warm, Stay Safe

Staying warm and dry when heading out to exercise in the cold weather is all about layers. A little preparation can keep you safe from cold weather hazards like hypothermia and frostbite.

Cold temperatures, strong winds and damp conditions (like rain and snow) steal your body heat. For example, a 30-degree day with 30-mile-an-hour wind feels like about 15 degrees. And if you get wet (from rain, snow or perspiration) that effect is only magnified.

That's why layers of clothing are so important. They help trap the heat and form a kind of insulation against the elements. Resist your instinct to layer with cotton. Once cotton becomes wet with sweat, the moisture is trapped and will actually make you feel colder (and heavier). For your first layer, you want something that wicks moisture away (like the newer high-performance fabrics). Next, add a layer of fleece; finally, top with a thin waterproof layer.

*Walking is safe for most people, but check with your healthcare provider if you've experienced chest pain in the past month or have a chronic condition. Cardiac patients should definitely consult a healthcare provider before heading out in the cold, since exerting yourself in the cold weather does put an added strain on your heart.*



## It's Cold, So Start Burning!

Wondering how many calories you're burning as you hit the streets, ice, trail, court or treadmill this winter? It depends on your weight and your intensity.

### Estimating Calorie Counter

60 minutes of:	100 lbs	150 lbs	200 lbs
Bicycling, 6 mph	160	240	312
Bicycling, 12 mph	270	410	534
Jogging, 7 mph	610	920	1,230
Jumping rope	500	750	1,000
Running, 5.5 mph	440	660	962
Running, 10 mph	850	1,280	1,664
Tennis, singles	265	400	535
Walking, 2 mph	160	240	312
Walking, 3 mph	210	320	416
Walking, 4.5 mph	295	440	572

## Take it Up a Notch!

The American Heart Association's physical activity recommendations are the baseline of what you need to do to maintain health. To really make a difference, increase your time or intensity, and change up your routine.

Here are some ideas for taking it to the next level:

- **Head uphill.** Walking uphill is a higher-intensity workout. It builds strength and stamina.
- **Add intervals.** Instead of keeping the same pace during your entire workout, add 30-second to 2-minute bursts of speed every two minutes or so. On a scale of 1–10 (10 being the fastest you could possibly walk), you want your bursts of speed around an 8.
- **Involve your arms.** Try holding hand weights or walking poles.
- **Join a team.** Sign up for the American Heart Association Heart Walk. Find one in your community at [HeartWalk.org](http://HeartWalk.org).
- **Need a new route?** Find out about Walking Paths at [StartWalkingNow.org](http://StartWalkingNow.org).
- **Start a club.** Grab your friends, and visit [www.mywalkingclub.org](http://www.mywalkingclub.org) to start your own official walking club.
- **Appreciate the season.** Try a winter activity, such as snow shoeing, cross-country skiing or ice skating



## Bye-Bye, Couch Potato!

Make your time inside this winter count! There are dozens of ways to get physical activity inside—no gym required. Weights (such as a set of 5-pound and 10-pound dumbbells) are a great addition, but not absolutely necessary.

## Compound Moves

Compound moves work multiple body parts at one time, which can help you get more active in less time. Some simple ones to try:

- **Lunges with biceps curl.** Start standing with feet together, shoulders back and down. Take a large step forward with your right foot, bending both right leg and left leg (but keeping your upper body straight). As you bend both legs to 90 degrees, lift both arms into a biceps curl (with or without weights). Straighten your arms as you push back to your starting position (legs together). Alternate right and left legs. Start with one set of 10 and work up to three sets.
- **Squats with shoulder lift.** Start standing with feet hip width apart, shoulders back and down. Squat as if sitting back in a chair, and lean forward. Your upper body will be at an angle, but still in a straight line (keep your abs tight and pulled in). As you bend, lift your arms out front (with or without weights). Drop arms back down to your sides as your straighten. Start with a set of 10, and work to do three sets.

*Don't forget to hydrate when you head out to exercise. Just because your sweat evaporates quickly doesn't mean you're not losing water.*

## Try Circuit

An exercise circuit (a cycle of 5–6 moves, run a few times through) is a great way to stave off boredom and get a lot done in a short amount of time. You can create your own mini-circuits at home.

Ideally, your circuit will include a cardio burst of 1–2 minutes, followed by 3–5 exercises that work various parts of your body.

### For example:

- **Jump rope, jog in place or run your steps** (start with 1 minute and progress to 2).
- **10 pushups** (You can modify with knees down if you are having trouble holding a straight body pushup position; remember to keep your palms flat on the floor.)
- **20 crunches** (with feet flat and knees up, legs bent in the air at 90 degrees or straight up, or your favorite variation)
- **20 hip lifts** (flat on your back, arms down on the ground at your sides with fingertips pointing toward feet, feet flat with knees bent at 90 degrees; press feet and shoulders into floor as you lift your hips as high as you can; lift and lower)
- **30-second plank hold** (holding a pushup position; body as a straight line, or with knees down)
- **10 triceps dips on a chair/couch** (Sit on chair with feet flat and knees bent at 90 degrees; hands at sides, palms pressed into the chair with fingertips facing forward; take one large step with right foot, and join left foot beside it. Bend your arms to 90 degrees as you lower and lift; keeps abs tight.)

The beauty of exercise circuits is that you can be creative. Mix and match your favorite moves.



## Tailgate Chili

Serves 4

Approximately \$3.44 per serving

- 1 pound 95% lean ground beef (or ground white meat chicken or turkey for a healthier option)
- 1 medium onion, chopped
- 1 medium green bell pepper, chopped
- 1 medium jalapeno, chopped (optional, only if you like spicy chili)
- 2 teaspoons minced garlic from the jar or 4 cloves minced
- 1 tablespoon chili powder
- 1 tablespoon ground cumin
- ½ teaspoon ground coriander
- 1 (15.5 oz) can no-salt-added or low-sodium pinto or kidney beans, undrained
- 1 (14.5 oz) can no-salt-added or low-sodium diced tomatoes, undrained
- ¾ cup jarred salsa (lowest sodium available)

1. Spray large saucepan with cooking spray. Cook beef and onion over medium-high heat for 5–7 minutes, stirring constantly to break up beef. Transfer to colander and rinse with water to drain excess fat. Return beef to pan.
2. Stir in bell pepper, garlic, chili powder, and cumin, and cook for 5 minutes, stirring occasionally.
3. Add remaining ingredients and bring to a boil. Reduce to simmer, cover and cook for 20 minutes.
4. Optional – serve topped with low-fat grated cheese, a dollop of fat-free sour cream, sliced avocado, snipped cilantro or chopped green onions.

**TIP:** If you want 5-alarm chili, add 1 teaspoon Cayenne pepper.

*Nutritional Analysis (per serving)*  
Calories 297, Total Fat 6.0 g,  
Saturated Fat 2.5 g, Trans Fat 0.5 g,  
Polyunsaturated Fat 0.5 g,  
Monounsaturated Fat 2.5 g,  
Cholesterol 62 mg, Sodium 288 mg,  
Carbohydrates 29 mg, Fiber 7 g,  
Sugar 8 g, Protein 31 g,  
Dietary Exchanges 1 starch,  
3 vegetable, 3½ lean meat



## Mexican Chicken Soup

Serves 6

Approximately \$2.74 per serving

- 1 14.5-ounce can no-salt-added or low-sodium kernel corn, drained and rinsed
- 1 15.5-ounce can no-salt-added or low-sodium red kidney beans, drained and rinsed
- 2 teaspoons canola oil or extra-virgin olive oil
- 1 medium bell pepper (green or red), chopped
- 1 large onion, chopped
- 1 medium jalapeno pepper, diced (remove seeds to reduce spice/heat)
- 2 garlic cloves, minced (or 1 teaspoon garlic powder)
- 2 tsp ground cumin
- 5 cups fat-free, low sodium chicken broth
- 1.5 lbs boneless, skinless chicken breasts, cut into 1" cubes
- 1 large tomato, diced
- ½ cup chopped cilantro

1. Drain beans and corn in colander, rinse, set aside.
2. Heat oil in large saucepan over medium heat. Add bell pepper, onion and jalapeno; cook 5—7 minutes, stirring often until vegetables are tender. Stir in garlic and cumin and cook another minute.
3. Add broth to saucepan, increase heat to high, and bring to rapid simmer. Add chicken and cook until no longer pink, about 5 min. Stir in beans, corn, tomato and cilantro, cover and cook on medium heat for 10 minutes, top with extra cilantro leaves (optional) and serve hot.

*Nutritional Analysis (per serving)*  
Calories 281, Total Fat 5.0 g, Saturated Fat 1.0 g,  
Trans Fat 0 g, Polyunsaturated Fat 1.5 g,  
Monounsaturated Fat 1.5 g, Cholesterol 73 mg,  
Sodium 204 mg, Carbohydrates 27 mg, Fiber 8 g,  
Sugar 6 g, Protein 33 g, Dietary Exchanges 1½ starch,  
1 vegetable, 4 lean meat



## Chicken Pot Pie

Serves 8

### Ingredients for the chicken

- 2 tablespoons olive oil
- 6 cloves crushed garlic
- 1 tablespoon picked thyme leaves or 1 teaspoon dried
- 1 tablespoon chopped fresh oregano or 1 teaspoon dried
- 1 tablespoon chopped fresh tarragon or 1 teaspoon dried
- 1 bay leaf
- 1 teaspoon turmeric
- 2 teaspoons salt-free all-purpose seasoning
- 1 teaspoon ground black pepper
- ½ teaspoon salt
- 2 cups frozen pearl onions, thawed
- 1 cup carrots, peeled and cut into 1-inch cubes
- 1 cup celery, cut into 1-inch pieces
- 1 cup shiitake mushrooms, sliced ½-inch thick
- 1 cup crimini or button mushrooms, quartered
- 4 tablespoons flour
- ¼ cup Pernod (optional)
- 3 cups low-sodium chicken stock
- 1 pound skinless, boneless chicken breast, cut into 2" cubes
- 1 cup frozen sweet peas, thawed
- ½ cup chopped parsley

### Ingredients for the crust

- 1 -⅓ cups flour
- ½ teaspoon salt (optional)
- ½ cup trans fat free margarine spread
- 3 tablespoons ice water



## Cooking Instructions


Prepare the chicken. In a large sauté pan over medium-high heat, heat the olive oil until hot. Stir in the garlic, thyme, oregano, tarragon, bay leaf, turmeric, salt-free all-purpose seasoning, pepper, salt and sauté for one minute. Add the onions, carrots, celery, and mushrooms and sauté for two minutes. Stir in the flour and coat the vegetables well. Add the Pernod, if using, and chicken stock and stir to blend well. Allow the mixture to come to a simmer. Stir in the chicken and simmer for five minutes. Stir in the peas and parsley. Remove from heat and pour the mixture into a 3-quart oval casserole. Cover loosely with foil and set aside.

Preheat the oven to 375°F. Line a rimmed baking sheet with foil and set aside. To make the crust, place the flour (and salt, if using) in a medium-sized bowl and add the margarine spread, cut into one-inch pieces. Cut the margarine spread into the flour with a fork or pastry cutter (this can all be done in a food processor) until crumbly. Avoid over-working the dough. Add the ice water and mix (pulse in a food processor) until the dough just comes together. Roll the dough between two pieces of film wrap until it matches the size of the casserole. (Hold the dish above the dough to check for correct size.) Peel off the top layer of wrap and bring the casserole next to the dough. Lift the dough by the bottom wrap and use it to help invert the crust onto the casserole. Trim the outside edges of the crust and gently press the dough so that it fits perfectly around the inside perimeter of the casserole dough. Cut eight, evenly spaced 1-inch vents in the dough as demarcations of portions and to release steam while baking. Place the casserole on the foil-lined baking sheet and bake until the crust is golden brown and the juices are bubbling, about 45 minutes. Let the casserole rest for 10 minutes before serving. Serve the pie in a soup plate over a small mound of Olive Oil Mashed Potatoes.

**Note:** This filling for the pie can be made a day or so in advance. Feel free to put an egg wash (one egg whisked with a tablespoon of water) on the finished pastry before baking if you prefer a sheen on your crust.

*Nutritional Analysis (per serving)*  
Calories 295, Total Fat 9.0 g, Saturated Fat 0.5 g,  
Trans Fat 0.0 g, Polyunsaturated Fat 1.5 g,  
Monounsaturated Fat 5.0 g, Cholesterol 33 mg,  
Sodium 493 mg, Carbohydrates 33 mg,  
Fiber 3 g, Sugar 4 g, Protein 19 g,  
Dietary Exchanges 2 lean meat, 1 1/2 starch, 2 vegetable, 1/2 fat

*Recipe courtesy David Hagedorn*



*For every one hour of regular, vigorous physical activity, some people may increase their life expectancy by two hours.*

*Physically active people save \$500 a year in healthcare costs.*



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AMERICANS!!!**

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