

The Benefits of Walking in Cold Weather

Get much-needed vitamin D.

Vitamin D is crucial for strong bones, and since it's not an easy vitamin to get through your diet, sun exposure is key. Research shows that just 5-30 minutes of sunlight each week helps you get the Vitamin D you need, and since you can't get it through windows, an outdoor walk is key!

Burn extra calories.

Because your body is also working to stay warm, research suggests that a cold weather walk burns more calories.

Activate your immune system.

Studies have shown that walking outside in winter can wake up your immune system and decrease inflammation. Just 30-45 minutes of moderate aerobic activity each day can increase the number of immune system cells in your body needed to fight off winter colds.

Boost energy without the caffeine.

A cold weather walk has been shown to result in a meaningful energy boost that lasts for hours after your walk.

Alter your body fat.

During the winter, the body works hard to stay warm, and what helps with that is brown fat. Studies show that extended exposure to cooler temperatures helps change obesity-causing white fat to the warming and metabolism-boosting properties of brown fat.

Breathe easier.

Winter often brings cleaner air. Fewer pollutants and outdoor allergies give us the chance to really take a deep breath and restore our bodies with a fresh, calming and cleansing breath.

Fall asleep faster.

Cooler temperatures help you sleep better, and winter walking allows your body temperature to take less time to cool down - resulting in a more restful night's sleep.

Regular cold weather walking has many benefits, however, if your heart or respiratory system is compromised in any way, check with your doctor, because walking in the cold does put additional strain on these systems.