

Title:

Outdoors Sports in Winter

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Summary:

Outdoors sport in winter and, generally speaking, exercise during this season should be regarded

Keywords:

sports, exercise, winter, outdoor

Article Body:

Outdoors sport in winter and, generally speaking, exercise during this season should be regarded

If winter sports amateurs do not need any pleading, there is a big mass of people who would like

Meanwhile, endurance (aerobic) exercise, which should always accompany anaerobic training, can

The superior as well as the inferior parts of the respiratory apparatus aren't used to the cold

When the body has been trained for winter conditions, the timing of a usual effort session can

The sports gear is a most important aspect: it must assure thermal protection without overheating

For the first fabric layer, touching the skin, cotton (most recommended in summer) must be avoided

For the second layer, warmer materials - such as wool - can be used; the fabric for the last layer

One must give special attention to protecting the head, neck, hands and feet. Especially the hands

Last but not least, we must mention the body's hydrating level: cold as well as heat tend to modify

If these recommendations are respected, we can train and enjoy exercise also during the cold season

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