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LAYERING? WHAT IS LAYERING?



With today's technology we have a number of new materials that keep us much warmer and dry. Cool Max, Dry Fit, Micro-Fibre, Core-Tex are a few, but how do we use this technology to our advantage? Layering is a combination of clothes that you wear to keep you warm and dry. Your layers are dependant on the weather, activity period, activity level and personal preference. The shorter period of time you're out there, the more layers you'll need to compensate for the length of time it takes for your body to warm up. With longer periods of outdoor exercise, you'll be warmer and can wear a little less. Essentially there are three layers, base, middle, and outer.

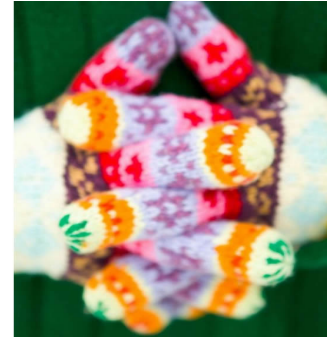
Base Layer: The purpose of this layer is to wick moisture/perspiration and keep it away from your skin. This keeps you warm and dry. For best results, choose a tight-fitting wicking material such as polypropylene, silk, polyester, thinsulate, cool max or dry fit - all good choices. These materials will pull the moisture away from your body and keep you dry. Avoid cotton because it traps moisture and your body has to work hard to dry the cotton and keep you warm. Base layers come in various weights (lightweight, mid-weight and heavyweight). Select a weight based upon the outside temperature and your activity level. The lighter weight is better at wicking; the heavyweight provides more insulation.

Mid Layer: This layer provides more insulation and its function is to pull the moisture from the base layer out to the outer-layer. As fall progresses into winter, you will need to add this layer into your dressing, especially if you are going to be doing lower-level activities for a long period of time. The amount of Insulation desired is also dependent on your personal preference: if you get hot quickly you may still want to stick with a lighter insulation layer. The mid layer should be a bit looser than the base layer but still needs to maintain contact with the base layer. Common materials for a mid layer are down, polyester, fleece, and synthetic materials. Many mid layers may have added ventilation for when you warm up on your adventure. Things like pit zips, long zippers, adjustable collars or cuffs provide a way to moderate your body temperature throughout your workout.

Outer Layer: This layer provides a critical wind block, and also allows moisture to escape. Typical outer layers include shells made of Gore-tex. There again this layer should also have special features such as pit zips and adjustable collars and cuffs.

As we layer our upper body we tend to forget that the same rules apply for our legs. As your fitness level improves, less blood will flow to the legs, so for the longevity and productivity of the activity make sure you keep those legs warm with appropriate clothing. Layers of tights are strongly recommended.

Head, Hands and Feet: After your core is covered, you need to properly dress your extremities. Wear a hat, mittens/gloves, socks and shoes that match your activity and weather conditions. Keep in mind that wind-blocking fabric is also important for hats and gloves. Although fleece is warm it does not provide protection from wind. To cool yourself if you overheat, you can often just remove your hat or gloves.



Be sure to shop where there is knowledgeable staff that can answer your questions. That way, we can take cool temperatures head on!! Keep up the outdoor activity and experiment with your new knowledge, as it gets colder.

Over Head Triceps:	Level I 1-2 sets Level II 2-3 sets
Target Area:	Back of your upper arm (Triceps)
Equipment at the gym:	Triceps extension machine or cable pull
Equipment at Home:	Thera bands or Free weights

Set-up: Using a dumbbell, standing with your feet slightly apart and your knees slightly bent. With your arms fully extended hold on to one dumbbell with both hands using an interlocking grip.

Using a thera band, stand with your feet slightly apart and your knees slightly bent. Hanging on to one end of the band with your arm bent over top of your shoulder elbow facing forward, palm facing the ceiling. Place the other end of the band under your heel lining up with the arm that is holding the other end of the band. Make sure the band is tight.

Movement: With dumbbell, holding your core strong and tight slowly lower the dumbbell back behind your head until your forearm is parallel to the floor. Pause for a moment then gradually raise the dumbbell to your starting position. Control your movement throughout the entire exercise. Make sure not to sway and keep your torso strong. Exhale on the stretch up and inhale on the way down.

Using the band, hold your core strong and slowly lift your palm up to the ceiling. Exhale on the lift, keeping your elbow pointing forward and your arm close to your ear. Pause at the top. Control your movement throughout the entire exercise. Make sure not to sway and keep your torso strong. Exhale on the stretch up and inhale on the way down.

TIP

While using the dumbbells or a band you want to keep your arms close to your head and maintain your posture so that you do not arch your back.

