



October 2005



Trina instructing in Verity's brightly lit studio
Photo by Walter Segers

Dear **Train By Trina** Readers,

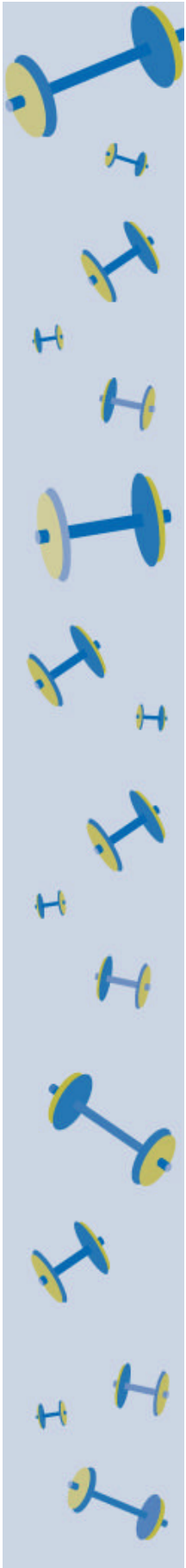
We are now into fall with winter fast approaching. As the colder temperatures hit we have a tendency to move indoors and forfeit that walk, run or other outdoor activity. This month we are going to take a look at what to wear to keep us warm in all temperatures. Just because it is cold outside is no excuse to miss your exercise. Read on so that you have the tools to make exercise enjoyable no matter what the temperature.

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-Fiber, 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, midweight 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.

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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 the 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 it 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 that 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.

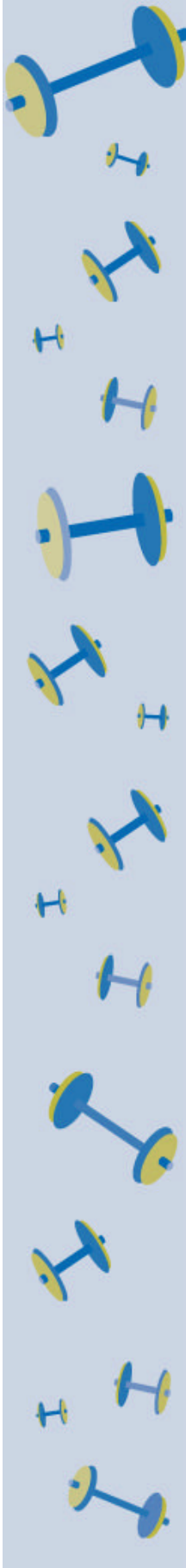
Be sure to shop where there is knowledgeable staff that can answer your questions. That way, we can take cool temperatures head on!! Keep up the outdoor activity and experiment with your new knowledge, as it gets colder.

Quote of the Month

" Be an all-out, not a hold-out."

When it comes to getting out of bed in the morning to go do that exercise, who are you going to be? The all-out or the hold-out? The choice is yours! Think about how good it feels once you're there.

I currently have been going all-out when it comes to work. I have since hired a new team member...



NEW TEAM MEMBER

Train By Trina goes where the demand is. I would like to introduce to you the newest member for the **Train By Trina** team located in Burlington:

Sheri Bridge

Sheri brings a wealth of knowledge and experience to the team. She truly does walk the fitness talk. Sheri has been in the industry for over 25 years and is a living example of how to manage a healthy life style, kids, career and enjoyment. Her certifications are too many to list but her specialty is educating adults and children on fitness. She currently teaches a variety of fitness classes and has some in-home personal training clients.

Sheri's pleasant manner and exceptional experience will be an asset. If you have any friends or family in the Oakville or Burlington area Sheri would love to add more training hours to her schedule. Please contact me at **Train By Trina** 416 788 2535 or by email: trina@trainbytrina.com

SHARE THE KNOWLEDGE

I invite you to share the knowledge that this newsletter provides. Please forward this email on to friends or associates that you think would enjoy and would benefit from **Train by Trina** services and information. Thanks for reading and check in next month for motivation in the dark mornings.

Cheers,
Trina



Photo by Walter Segers At Verity

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