



# RITA'S CARE AT HOME LLC

STAY INDEPENDENT WITH A HELPING HAND FROM US



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## Staying Safe in Cold Weather

Older adults have a higher chance of being affected by cold weather. Changes that come with aging can make it harder for older adults to be aware of their body becoming too cold, which can turn into a dangerous health issue quickly.

Hazards of cold weather include falls on wintry surfaces; injury caused by freezing (frostbite); and hypothermia, a medical emergency that occurs when your body temperature gets too low. Being informed and taking certain actions can help lessen risks during the colder months.

You can still exercise outdoors in the colder months if it's not too cold, but try taking a few extra steps to stay safe. Watch out for snow and icy sidewalks and stairs. Warm up your muscles first – try marching in place or light arm pumping before you go out. Dress in several layers of loose clothing to trap warm air between them. Wear a waterproof coat or jacket if it's snowy or rainy, and don't forget a hat, scarf, and gloves. The infographic below has more tips.



## Happy New Year!

Rita's Care at Home wishes you and your loved ones a safe and healthy 2026.

Our company has been proudly serving the community since 2009. We are a female owned and operated non-medical care agency and we look forward to helping you and your loved ones stay more comfortable in their environment.

Give us a call at (615) 298-3826 if you need that extra set of caring hands.

Be well and be kind.

## 5 TIPS for Exercising Safely in Cold Weather

Don't let falling temperatures stop you from exercising outdoors. By taking a few extra steps to stay safe, you can walk, run, ski, ice skate, and more.

- 1 Warm up and cool down.** Stretch or walk in place to prepare and restore your muscles before and after a workout.
- 2 Pick the right clothes.** Dress in several layers of loose clothing to trap warm air between them. Wear a waterproof coat or jacket if it's snowy or rainy, and don't forget a hat, scarf, and gloves.
- 3 Be extra careful in snow and ice.** Check sidewalks before using them. Wear nonskid, rubber-soled, low-heeled shoes to help prevent slipping.
- 4 Check the forecast.** If it's too windy, cold, icy, or wet outside, consider staying indoors and using an online workout video or your own routine.
- 5 Be prepared.** Know the signs of hypothermia, inform others of your outdoor whereabouts, and carry a fully charged mobile phone.



To learn more, visit [www.nia.nih.gov/health/exercising-outdoors](http://www.nia.nih.gov/health/exercising-outdoors).