



▶ ALL-SEASON RUNNING:
STEPS TO SUCCESS

BROUGHT TO YOU BY:

Voltaren Emulgel



Enjoy Your Run in any Weather



Now that you've discovered the joys of running, keep up the great work - and the momentum. Whether it's freezing cold, scorching heat or pounding rain, check out these tips for safe and happy running throughout the year. Go!

Conquer the Cold

Ready to make tracks in the snow? Before you go, warm up to help raise your body temperature and stretch to prepare your muscles. Now layer up. It's important to cover your head, hands and feet, since a significant amount of heat loss comes from the extremities. Try thermal socks and mittens for more warmth.

Add balm to lips, nose and ears for protection, and ice grips to shoes for more traction. Tuck a water bottle inside your jacket and plan a route close to home. Take shorter strides for more stability. Feeling the freeze? Come in out of the cold.

In extreme temperatures, simply waiting a day could mean a happier winter of healthy training.

Beat the Heat

Under the summer sun, get the most out of your run by taking it slow and easy, and staying hydrated. Head out in early morning or evening, avoiding bright midday. The right route makes all the difference. Choose shade wherever possible - the woods are ideal.

Wear loose, light-coloured, moisture-wick-

ing clothing, a brimmed hat and UV filtered sunglasses. Be sure to cover all exposed skin with waterproof sunscreen, including neck, back of the knees and ears. Keep your system happy with mineral-rich foods and lots of water.

Too hot? Try biking or swimming for a day of cooler training.

Run in the Rain

Running in the rain is great practice, especially for a race. Dress lightly and stay visible. Start with moisture-wicking fabric next to your skin and add a wind-and-water-resistant jacket with reflective strips. Protect vulnerable skin areas from chafing or blisters with balm.

Pack electronics in plastic, plus extra socks for happier feet later. Take smaller steps to be careful on slippery roads and avoid puddles.

Weather doesn't have to stop you. Just be prepared. Keep Voltaren handy, and get out there.

