

TUESDAY TIP:

WARMING UP



WARWICK WARMS UP WITH "YOGA WITH ADRIENE"

"As the temperature drops, the time you spend warming up should rise. A good rule of thumb is when temperatures are between 35-45 degrees Fahrenheit, your warm up should last around ten minutes. If the temperature is lower than 35 degrees, add five minutes for every ten degrees lower. Don't hesitate to take longer if your muscles are still feeling tight."

- Performance Health



Check out 5 warm-up exercises for cold weather [here](#).



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