

Information from Vermont  
AgrAbility Project

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(heart disease, high cholesterol, high blood pressure, diabetes, smoker) or are used to a sedentary lifestyle, check with your doctor before shoveling snow.

before beginning. These are stimulants, which can increase your heart rate and cause your blood vessels to constrict. This places extra stress on the heart.

. Dehydration is just as big an issue in the cold winter months as it is in the summer.

Treat this chore like any other workout and warm up your muscles. Warm muscles work more efficiently and are less likely to be injured.

, in layers. Bundling up keeps muscles warm and less vulnerable to strains. Synthetic fibers help wick away perspiration better than natural fibers.

for the job. A snow shovel should be light-