

8 body reactions help people resist the cold of winter

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In winter with a cloudy and cold sky, we often feel drowsy and sad. But inside the human body is a complete contrast, all activities take place very excitingly, a number of opportunities are established to help people defend against the cold. For example, the heart will work harder, the system is constantly busy and blood pressure will rise higher.

Find out when winter comes, what changes are taking place in your body.

1. Muscles and joints stiffen



In the winter, when you just wake up and get off the bed you can feel your muscles tighten, making the first activities of the day such as taking the first steps in the bathroom, brushing your teeth and washing your face . become difficult More towels.

The cause of this phenomenon is the low temperature which makes the joints less elastic. This phenomenon will be more obvious in people who are lazy.

According to Dr. Stacy Sims, a practicing physiologist, to overcome this phenomenon and face the cold better, we should get up early and warm up with some exercise to help warm up when we wake up. get up like some push ups, some aerobic movements .

2. The blood to the limbs is less, the skin will become pale



Dr. Sims said, the body always has mechanisms to protect the weakest muscles so the blood will not evenly distribute throughout the body. Parts far from the center like limbs, even faces will get less blood. This makes our legs, arms and face always pale and hard to keep warm in winter.

This problem can be solved easily and simply. Equip yourself with a wool hat, a pair of gloves, . they will keep you warm in the winter.

Also, do not forget to always keep your body in the best way because warm blood can circulate easily and help you really warm from the inside.

3. Your heart rate increases with blood pressure



In winter, the most gentle activities also make the heart work a lot harder to keep warm and circulate blood throughout the body. Therefore, your heart rate in winter will be higher than in other seasons.

But an increase in heart rate means that blood pressure also increases. Therefore, you should warm up warmly before training or doing something.

4. Breathing problems



Your respiratory tract in general and your lungs in particular will be affected by the dry and cold air of winter. Even some sensitive people may suffer from asthma attacks or have trouble breathing.

Warming up and warming your body will help you avoid this situation. In addition, wearing a warm scarf and wearing a mask when going out is also a good solution.

5. Runny nose flows



The cold, cold air of winter makes you breathe harder. Your nose will then increase the production of fluids to moisten and warm before you inhale them into your lungs. And this is the reason you often sniff in the winter.

You will not be able to prevent this situation. The best way is to prepare paper and soft towels to remedy the consequences of this situation.

6. You urinate more



When the blood is more concentrated in the center of the body, the brain receives a signal about this problem and sends another signal to the body to reduce the overall liquid volume. This makes you need to urinate more. Therefore, in winter you also need to pay attention to rehydrate your body to avoid dehydration.

7. If you exercise, you will be happy



In the winter, the body produces a lot of endorphins, positive neurotransmitters and mood enhancements. Therefore, do not be lazy, work hard to exercise in the winter because it not only helps the body healthier but also gives you the feeling of happiness.

8. Goose bumps and trembling



The cause of this phenomenon is an imbalance between the amount of body heat lost to the air and the amount of heat the body produces. If the amount of body heat generated is less than the amount lost, you will feel cold. Then, the body will try to close the pores to reduce the amount of heat is lost, causing goosebumps.

Then, to create heat that warms the body, the brain directs the muscles to stretch continuously and cause shivers or shivers. Doing this of the body is quite effective and we will feel shaken after a short time.

In the case of shivering, it takes a long time to mean that the body cannot resist the cold. At this point, move to a warmer environment to avoid hypothermia until your life is dangerous.

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1. 8 types of fruits should supplement the body this winter
2. 9 habits should be removed immediately if you do not want to be sick when it is cold
3. Causes and remedies of limb cold in winter

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