

walk it off

THE GEAR TO GET FOR WINTER WALKS. BY MARGIT FEURY RAGLAND

"Baby, it's cold outside" is no longer an excuse to stay parked on the couch all winter. With loads of functional and fun workout gear now available, going out for a brisk power walk can be invigorating and enjoyable. So flip off the TV and get moving. Soon you'll be looking good on the outside and feeling great on the inside!

>> For smart tips and easy workouts that will help you walk off the weight, go to familycircle.com.

Take your pick, gloves or mittens in one convertible pair. 180s, \$30, 180s.com.

Avoid overheating in pants that are lined only to the knee. New Balance, \$45, newbalance.com.

Prevent slipping and sliding with athletic shoes that have deep treads. Keen, \$111, keenfootwear.com.

Keep the heat in with a double layer of nonitchy wool. SmartWool, \$28, smartwool.com.

Wear a shirt that wicks away moisture so you stay dry throughout your workout. ExOfficio, \$34, exofficio.com.

Block the wind and repel the snow and rain with a full-coverage jacket. New Balance, \$60, newbalance.com.

Move comfortably with lightweight long johns. Cuddl duds, \$26, cuddlduds.com.

Don aloe socks to be sure your toasty toes smell great. Adidas, \$11 for 2 pairs, adidas.com.