

Fitness **WORKOUT TIPS**

# 6 Accessories That Make Outdoor Winter Workouts So Much Easier

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When the mercury dips, it's easy to scrap [outdoor exercise](#) and head for the gym (or, if we're being honest, the nearest couch). But if you're craving some fresh air or just can't get motivated to run on a [treadmill](#), help is here. These cold-weather accessories and gadgets will help keep you safe and comfy all season long. (Got 10 minutes? Then you've got time to lose the [weight](#) for good with *Prevention's* new 10-minute workouts and 10-minute meals. Get [Fit in 10: Slim and Strong for Life](#) now!)



3/5 PHOTOGRAPH COURTESY OF NITE IZE

## 3. Nite Ize ShowLit LED Shoe Light

Going for an [early morning](#) or evening stroll? Make sure drivers and bikers can spot you in the dark by attaching this LED light to your shoelaces. \$5, [amazon.com](#)

<http://www.prevention.com/fitness/6-winter-workout-accessories/slide/3>