

# Ways To Keep Your Hands

# Warm



Use well-insulated winter gloves

Ensure the gloves aren't too tight to allow warm air to circulate



Ensure there's no gap between the gloves and the ends of the sleeves

Stimulate blood circulation by exercising your hands and fingers, periodically



Place your hands under the armpits or the thighs until warm

Consume at least one hot meal or drink a day



## Reference:

1. How to keep your hands and feet warm; Age UK