

Wear Your Wetsuits and Enjoy Water Sports on a Cold Day

Wetsuits may come in different forms and styles depending on whether it is for surfing or scuba diving or triathlon or any other water sport, but they are all made to keep you warm.

Wetsuits are designed to keep or maintain body heat when you are in the water. Water is said to drain your body heat twenty-five times more than air, thus exposure to cold waters without protection can lead to abnormal reduction of body temperature called hypothermia. When body temperature drops to very low levels, the different organs in the body could stop functioning.

You might not be able to wear your scuba diving wetsuit in a triathlon race but they all work the same in keeping you away from the risk of hypothermia. They may only differ in certain features like flexibility and buoyancy.

A wetsuit is a close-fitting garment made from a smooth synthetic rubber called Neoprene, which also makes the suit flexible. This material is filled with small bubbles of gas (nitrogen) that keeps the wearer warm by preventing the loss of heat from the body.

When you are in the cold waters, a little amount of water enters your suit from its openings. When the body warms this water, this will in return protect the body from the cold waters outside. It is important though that this thin layer of water is maintained and no other cold water enters the suit because this will deplete your body heat.

Other wetsuits even have thin sheets of metals like titanium attached onto them. This also helps prevent the loss of heat from the wearer's body.

In whatever design these wetsuits are made or in whatever additional features they have, it all comes down to how a particular wetsuit fits you. Even if your wetsuit has the most advanced feature, if it does not fit you right, it will not work properly.

If there are areas in your wetsuit that does not fit snugly on your skin, you will likely have a wetsuit that will not work properly later, defeating its purpose. The seams and the areas along the zipper should also be kept secured so cold water could not seep into them.

Whatever wetsuit you will choose for a certain water sport, they may have different flexibilities and comfort, but they all work the same in protecting you from the cold.

About the Author

About the Author: This article was written by Paul Garnett on behalf of WetsuitPro.com, a [Cheap Wetsuits](#) company. WetsuitPro.com features the latest in name-brand wetsuits, as well as [Mens Scuba Diving Wetsuits](#), so take a moment and visit WetsuitPro.com right now and get that wetsuit you have been wanting!

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