

PROFESSOR: Hi. I just came from the icy cold weather of Boston where I felt like my toes were going to freeze and drop off. And the question I want to ask you is, what makes the difference between one person who can withstand the cold very well and one person who cannot? And what is the difference between these two people? Sorry, part of my speaking fast is because it's really cold outside.

So the question is, how can one person withstand the cold really well and go out jogging in the open without wearing much clothing? They can just wear shorts and shoes and just go running. Whereas people like me have to wear two, three, layers, and they still feel very cold. We still feel like our appendages are going to drop off. So what makes the difference?

Could it be that some are more fit than others? Or some have better tolerance to the cold? Or could it be some have a high metabolism that they can burn more energy faster so that they can get heat into their bodies faster? Or is it that some people have shorter arms and shorter legs so they lose heat less and therefore can withstand the cold better?

So what answers all these questions? Watch my video to see.