

# KEEP YOUR COOL

## EXERCISING SAFELY IN SUMMER HEAT

Summer offers extra hours of daylight and with it the opportunity to spend even more time enjoying outdoor activities. For many, this means more time doing physical activities and playing sports.

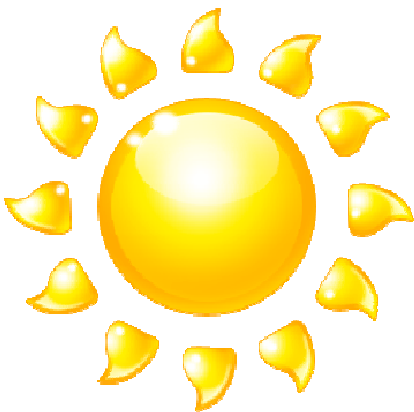
So it's important to remember the potential dangers that also come with exercising in hot conditions.

### WHAT SHOULD YOU DO:

- **DRINK PLENTY OF FLUIDS** - It is extremely important to stay hydrated. If you're thirsty then you are already dehydrated; drink before you feel a need to. Be sure to drink throughout the day, and drink 15-20 minutes before beginning your workout and every 15 minutes through the exercise.
- **EAT REGULARLY** - The heat can decrease your appetite, but it's important to eat normally. Include lots of fruits and vegetables. Aside from being nutritious, fruits also tend to help with hydration.
- **WEAR LIGHT, LOOSE FITTING CLOTHES** - Cotton is always a good choice. If your outdoor activity produces a lot of perspiration, consider clothing that is designated to wick the sweat away.
- **WEAR SUNSCREEN** - Even if you exercise early in the morning or late in the evening, if the sun can reach you then you can get burned. Not only is a sunburn bad on the skin and potentially dangerous but it also hinders your body's ability to stay cool.
- **USE COMMON SENSE** - Don't attempt strenuous activities that your body is not accustomed to. Stick to exercises that you are very familiar and comfortable with.
- **CHECK WEATHER FORECAST** - It's best to not participate in intense outdoor exercise sessions when the heat index registers in the dangerous zone.

### WHAT YOU SHOULD NOT DO:

- **DON'T TRY TO DIET BY SWEATING** - Excessive perspiration is not the key to permanent weight loss. Any decrease in the scale would simply be a result of water loss, not fat reduction.
- **DON'T ADAPT 'NO PAIN, NO GAIN' MOTTO** - Ignoring your body's signals could be dangerous. Heat-related illnesses come with warning signs. Be sure to learn how to recognize them and what actions to take.
- **DON'T FORGET TO DRINK PLENTY OF LIQUID WHEN SWIMMING** - Just because your body is surrounded by water does not mean that you are well-hydrated. As with any land exercises, you need to regularly replenish lost fluids when in the pool.
- **AVOID PHYSICAL ACTIVITY DURING THE HOTTEST PART OF THE DAY** - The hottest part of the day usually is between 10 am and 3 pm.
- **ONLY WORK IN HOT TEMPERATURES IF YOU BECOME ACCLIMATED TO THEM** - Try to spend only a few minutes per day in the hot conditions for the first couple of weeks and then add time gradually each day.
- **AVOID EXTREME CHANGES IN TEMPERATURE** - Don't hop from being extremely hot and sweating right into an ice cold, air conditioned environment. Try to cool your body down slightly before exposing it to the extreme temperature variation.



Whether you have to work outside or do it for enjoyment, following the above tips will help you stay cool and safe during the dog days of summer. So don't spend the season cooped up, get out there and have some fun!

Source: [www.chiff.com](http://www.chiff.com)