

Healthy Habits

from Prime of Life Fitness

Can You Take the Heat? How to Exercise Safely This Summer

The days are getting longer, the temperature's rising, and the first day of summer is just around the corner. Longer days make it easier to squeeze in an outdoor workout during the summer months, but the heat and humidity can sap your energy and even make you ill. A little precaution goes a long way toward keeping you safe and keeping your workouts fun.

- **Ease into it.** Give yourself 7-10 days to acclimate to increased temperatures. Your workouts may need to be shorter or lower intensity while you're adjusting to the heat.
- **Dress for success.** Wear lightweight, breathable fabrics, and remember that lighter colors reflect the heat, while darker colors absorb it.
- **Drink up.** Water is all you need to rehydrate unless you've lost over 3% of your body weight in sweat. Drink small amounts of water at regular intervals before, during and after your workout.
- **Breezy is easy.** Air movement around your skin helps your sweat evaporate which in turn cools your body temperature. So if your summer workout is indoors, be sure to have a fan nearby.
- **It's not the heat; it's the humidity.** Since your sweat doesn't evaporate as readily in humid air, your risk of heat stroke goes up with the humidity. 60% humidity makes 95 degrees feel like 114--yikes!



Before you exercise on a hot day, know the signs of heat exhaustion: headache, nausea, dizziness, weakness, cold clammy skin, profuse sweating and an elevated body temperature. If you feel any of these symptoms, stop exercising right away, move to a cool place, lie down with feet elevated and drink cool fluids.

Action Item: Assess your workout clothing for heat safety, and have a strategy for working out safely in hot weather.

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