

# SUMMER EXERCISE GUIDE

Exercise during the warmer months does require some special consideration. The human body takes between 10 and 14 days to adapt to warmer, more humid temperatures. Follow these tips for safe summertime exercise:

☀ **RE-HYDRATE.** Your body can easily lose up to a quart of water an hour while exercising in hot weather. Drink water before, during and after exercising. Since your body can only absorb 8 ounces of cold water every 20 minutes, continue to drink fluids even after you no longer feel thirsty. Sports drinks - while popular among intense exercisers - are not necessary and are actually absorbed more slowly than plain water.

☀ **WEAR LOOSE FITTING CLOTHING** to allow circulation of air between your skin and the environment. Light colored clothing will reflect sunlight - darker clothing will absorb the heat. While cotton and linen are natural fabrics, they will absorb moisture (sweat) - synthetic fabrics that have a meshlike weave will allow moisture to be whisked away from your skin.

☀ **AVOID THE "PEAK" HOURS.** Exercise in the morning or evening to avoid the most intense heat as well as when smoggy, ozone levels are highest. Very humid weather hampers perspiration's ability to cool your body: consider exercising indoors at the local YMCA, health club or shopping mall.

☀ **WALK!** Invest in a good pair of walking shoes with flexible soles, and good heel and arch support ... it's the only "equipment" you will need. Gently stretch for 5 minutes before starting your walk. When fitness walking, reduce your pace for the last 5 minutes and gently stretch for another 5 minutes to prevent soreness.

☀ **BREAK OUT OF YOUR USUAL EXERCISE ROUTINE.** Try a new exercise or activity every two weeks: hike, canoe, rollerblade or bike.

☀ **COOL OFF IN THE WATER.** Swimming is an excellent way to exercise when the weather gets hot. While the buoyancy of the water helps support your body weight (making it easier on your joints), it also adds natural resistance that helps tone and strengthen your muscles. You don't need to be a swimmer to benefit from water exercise: doing a "doggie paddle" at the shallow end of the pool still counts!



☀ **WATCH OUT FOR HEAT STROKE** when the body can't rid itself of excess heat. Symptoms appear rapidly: look for very hot and dry skin (no sweat), dizziness, nausea, confusion and unconsciousness. Move the person to a cool area, or immerse in/pour cool water over the person to lower body temperature as quickly as possible. *Seek medical attention immediately: heat stroke can be fatal.*

## SAFETY TIPS

- ❖ Drivers need to see bikers and joggers at a distance of 550 feet to safely stop. After dark, wear reflective clothing or tape since white clothing is only visible up to a distance of 220 feet.
- ❖ When using a scooter, bicycle, skateboard or rollerblading ... don't forget your helmet! Wearing a helmet reduces the risk of head injury by 85% and the risk of brain injury by almost 90%.
- ❖ ALWAYS supervise children around water: of the more than 300 children under age 5 who accidentally drown in a residential pool, most were last seen in the house within 5 minutes of the accident. Secure all pools with a locked gate.



**THERE ARE 1440 MINUTES IN EVERY DAY...  
SCHEDULE 30 OF THEM FOR PHYSICAL ACTIVITY!**

