WAYS TO STAY ACTIVE DESPITE THE HEAT

Summer is a great time for being active but the scorching temperatures can make people want to stay indoors. Adults need AT LEAST 150 minutes of moderate-intensity aerobic exercise (brisk walking) or 75 minutes of vigorous-intensity aerobic activity (ex: jogging) every week and muscle-strengthening activities on 2 or more days a week. Here are some ways to remain active despite the hot summer weather.

- **Avoid mid-day outdoor exercises.** Walking or jogging early in the morning or late in the afternoon will allow you to avoid the mid-day temperatures. Also, join a night league if you enjoy team sports.
- **Take a swim.** Swimming is an excellent way to burn calories and get your aerobic exercises in your routine while staying cool.
- **Keep it cool and stay in the shade.** Many local parks, and even your backyard, will have shaded areas. These are great places for yoga, ab- workouts, or even toss a football.
- **Go canoeing or kayaking.** This is an excellent way to have a blast yet get an excellent upper-body workout. Don’t forget your life-jackets!
- **Wash your car or do some gardening.** It will be a productive workout, but make sure to give yourself a splash of water to keep cool.

INDOOR ACTIVITIES FOR WHEN IT IS JUST TOO HOT OUTSIDE

If it is a real scorcher outside then do not let it stop you from getting the daily dose of exercise. Bring your workout inside to beat the heat.

- Join a gym. Not only will it allow you access to all the equipment you could need, but many gyms offer fitness classes to help get a jump start on establishing a workout routine
- Swap outdoor sports such as tennis for cooler indoor sports such as racquetball
- Take your walks inside to local malls or shopping centers.
- Play indoor games such as twister or interactive Wii or Kinect games to have fun while you work.

Know the difference!

Heat exhaustion usually comes before a heat stroke, but it is important to know what to watch out for with both!

**Heat exhaustion:** fatigue, nausea, dizziness, muscle cramps, and increase in body temperature

**Heat stroke:** fever, inability to sweat, confusion or loss of consciousness, and trouble breathing
BE SAFE IN THE HEAT

It is important to take precautions when you are active outside. Always keep these things in mind anytime you are exercising:

- Drink plenty of water before, during, and after activities
- Take regular rest breaks
- Exercise more slowly or for shorter time period if needed
- Wear light-colored, breathable clothes
- Wear sunscreen and apply it regularly
- If you begin to get cramps or develop headache, along with feeling sick or dizzy then you are experiencing signs of heat exhaustion. STOP right way, cool off, and slowly replace fluids.

Mild to Moderate dehydration is likely to cause:

(Risk of Heat Exhaustion)

- Dry mouth and/or skin
- Tiredness
- Decreased urination and/or constipation
- Increased thirst
- Headache and/or dizziness

Severe dehydration may cause:

(Risk of Heat Stroke- Emergency!)

- Shriveled and dry skin
- Irritability and confusion
- Little to no urination
- Fever and extreme thirst
- Rapid breathing and heartbeat
- Sunken eyes

Dehydration occurs when your body loses too much fluid, so the best way to prevent this from happening is to stay hydrated. Your body cools off by sweating so by keeping hydrated will allow your body to cool itself off. Here are some basic yet important tips to help prevent dehydration and keep yourself cool on these scorching days.

- Drink plenty of fluids and eat foods high in water such as vegetables and fruits.
  - Men should drink 13 ounces of fluids a day
  - Women should drink 9 ounces of fluids a day
- Don’t wait to be thirsty. Start drinking early, even start the day before for strenuous exercises.
- When choosing fluids stay away from drinks high in sugar and/or caffeine (ex: soda).
- Coffee or other caffeinated drinks can increase urination and cause you to dehydrate faster
- ALWAYS choose water and/or sports drinks when you know you will be outside!

References: