July Fitness Tip

When exercising, your body produces heat! Exercise induces heat stress causing an increased risk of dehydration.

How to be safe when exercising in the heat:

- Before exercising drink 5-7ml/kg of fluids 4 hours before exercise
- After exercise consume fluids that restore electrolytes
- Limit time of exercise to cooler hours of the day
- Avoid lengthy warm-up
- Monitor urine color to determine hydration status
- Wear proper clothing for the temperature outside

WORKING OUT
In The Heat

LISTEN TO YOUR BODY
If you start to feel dizzy, weak, nauseous, or tired abandon your workout and find water and an air-conditioned room.

CLOTHING
Wear light-colored loose fitting clothing. It won't absorb as much heat and will keep your skin feeling cool.

EASE UP
Scale back the intensity of your workout to avoid rapid fatigue and injury.

SCHEDULE
Pick a time when the sun is not at its hottest to get your workout in. Avoid 11am to 3pm if possible.

HYDRATION
Drink 8 ounces of water every 15 minutes. After your workout drink 16-20 ounces of water for each pound of water weight you lost.

PROTECTION
Lather on waterproof sunscreen to avoid burns and sun damage.