

# Summer Lovin' – How to Exercise in the Heat

The bright and shining sun is the ultimate motivation for taking your workout outdoors. But do you ever leave your house and realize it is way too hot to exercise outside and retreat back to the cool indoors? Do not let the hot summer days prevent you from exercising outdoors! There are lots of ways to work around the hot weather while soaking up the summer sun.

## How to Exercise in the Heat

- **Check the weather constantly** – ideally, go outside when the weather is the coolest [try to avoid 10am-3pm]
- **Wear wicking and light-coloured clothing** – helps you to keep cool by evaporating sweat and reflecting heat
- **Exercise in cooler places** – choose shaded trails or near a body of water
- **Drink water** – drink water before, during, and after your workout (try and drink a cup of water every 20 minutes of your workout). You may also benefit from an electrolyte drink if it is overly hot.
- **Sun protection** – sunscreen, sunglasses, and hat
- **Adapt your workout** – slow down your pace, lessen the intensity, shorten or split up your workouts (e.g. exercising twice in one day)



## Listen to Your Body

If you have any of the following symptoms, immediately stop what you're doing, get out of the heat, drink water and re-balance electrolytes. It is always a good idea to consult your doctor!

- Dizziness
- Fatigue
- Weakness
- Nausea or vomiting
- Headache
- Muscle cramps
- Confusion
- Sweating excessively
- Rapid heartbeat



## Air Quality

- Most local weather websites and apps have an Air Quality Index (AQI)
  - Scale from 1 to 100, the higher the number indicates the greater risks associated with the air
  - Aim to exercise in Very Good or Good category
- Avoid high traffic areas (15 m of a road)
- Try and exercise in the morning since it tends to have lower pollution levels

### Air Quality Index (AQI) Categories

AQI	Colour
0-15 Very Good	
16-31 Good	
32-49 Moderate	
50-99 Poor	
100+ Very Poor	



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