



KNOW YOUR LIMITS



WITH EXERCISE IN THE HEAT

The cloudless sky and the bright sun can be the ultimate motivation for taking your workout outdoors. But do you ever step outside and realize it's way too hot to exercise? There are ways to navigate around the hot weather while enjoying it at the same time!

How to Exercise in the Heat

- Check the weather constantly
- Exercise in cooler places i.e. shaded trails or near a body of water
- Drink lots of water and electrolytes before, during (every 20 minutes), and after your workout
- Proper sun protection!
- Adapt your workout i.e. slow down your pace, lessen your intensity, split up your workouts

Symptoms of Heat Stress:

- Headache
- Dizziness
- Lack of sweating even with the hot temperature
- Red, hot, and dry skin
- Muscle weakness
- Nausea and vomiting
- Rapid and shallow breathing
- Racing heart rate



If you notice any of the above symptoms, immediately stop what you're doing, get out of the heat, and cool down by whatever means possible (e.g. remove excessive clothing, spray with garden hose, wet towels on head, etc). If you are with someone who is experiencing difficulty, call 911 for immediate help.

Pre-Workout Snack: Apple Peanut Butter Energy Bites (2 servings)

Ingredients:

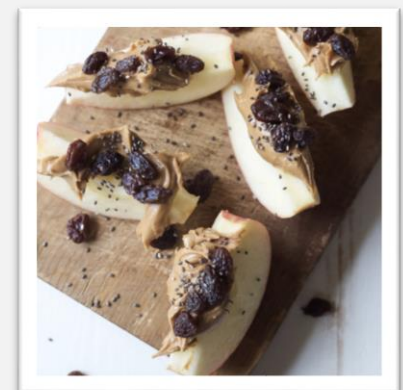
- 1 apple, sliced
- 2 tablespoons peanut butter
- ¼ cup raisins
- 1 teaspoon chia seeds

Directions:

Slice apple and top with peanut butter, raisins, and chia seeds

Nutritional Information (1 serving)

Calories:	292	Fiber:	4 g
Protein:	8 g	Total Sugars:	23 g



Source: www.joyfulhealthyeats.com; www.mayoclinic.org