

MOVING IN THE HEAT



Exercise Mistakes to Avoid

The sun is shining, the weather is warm, and you're ready to take your workout routine outdoors. Check out this list of common summer exercise mistakes to be sure you're prepared and ready to brave the heat!

1

Not Drinking Until You're Thirsty

Exercising in the summer heat means your body uses more water to regulate its temperature, so you can't wait for thirst to remind you to drink. Always have a bottle of water with you and drink before, during, and after your workout to stay hydrated.



Skimping on Sunscreen

You need to lather on the sunscreen even when it's cloudy. Use SPF of 30 or higher and reapply every 2 hours – even if it's sweat-proof or “long-lasting”. During more intense workouts, reapply every 45 to 60 minutes. Don't forget a hat and sunglasses for better sun protection.

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Wearing Improper Clothing

Tight-fitting workout wear and polyester blends aren't the best choices when exercising outdoors. Instead, wear loose-fitting, light-coloured clothing. Look for cotton blends that help absorb moisture or breathable synthetic fabrics that wick away sweat and keep you cool.



Not Checking the Weather Forecast

Don't forget to check the forecast before you start your workout. Take note of humidity levels, heat advisories, and the “feels like” temperatures, which are usually higher than actual temperatures. This information will help you decide when and how to exercise that day. If it's too hot, you may want to keep your workout indoors.

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Forgetting About Electrolytes

You sweat more in high temperatures, which may mean you need to replace lost electrolytes. It's best to limit popular sports drinks, which include artificial ingredients and added sugars. Reach for healthier options like coconut water or 100% natural fruit juices. Green vegetables and fruits like apples, bananas, lemons, and oranges also provide electrolytes.



Not Checking the Clock

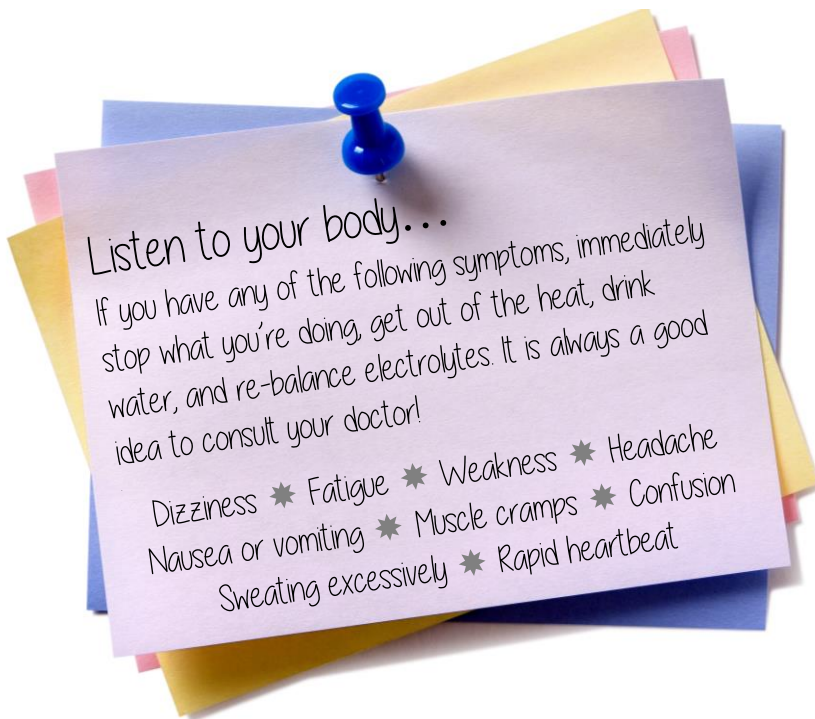
The time of day is important. Unless you're training for an event that takes place in the daytime heat, avoid exercising between 10 am and 3 pm, which is the hottest part of the day. Early morning or evening are generally the best times for your outdoor workout.

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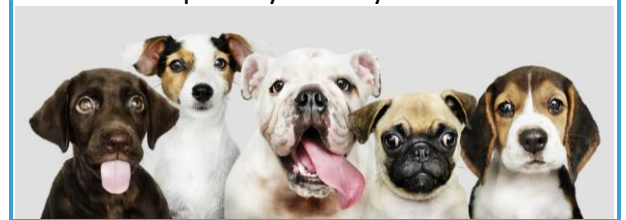
Overdoing It

If you've been working out in an air-conditioned gym or running on a treadmill for months, don't expect your performance to be the same when you take your workout outdoors and into the heat. You may need to adapt your workout: slow your pace, lessen the intensity, shorten the workout, or split it into two. Know when it's time to ease up and listen to your body. If you're feeling tired, dizzy, faint, or nauseated, it's time to stop.



Bonus Tip

If you're a dog-lover, you know there's nothing better than running a few miles with your best friend. Keep in mind, however, that summer temperatures and high humidity can be especially harmful to dogs. They feel the heat more than we do due to a naturally high body temperature – and all that fur! Panting is their defense against the heat, but it becomes less effective as the humidity climbs. So, do your friend a favour and leave him or her at home on especially hot days.



Sources www.active.com/fitness/articles/10-common-summer-workout-mistakes-to-avoid
www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise/art-20048167?pg=14
 Images from Freepik.com