



SEASONAL FITNESS CHALLENGE

SUMMER TIP 1

10 Common Summer Workout Mistakes to Avoid



BE ACTIVE



If you have spent all fall, winter, and spring cooped up indoors, check out this list of common summer workout mistakes before jumping into your outdoor training.

1. Not drinking until you are thirsty: exercising in the summer sun means your body is using water to regulate your temperature. When you are low on fluids, fatigue sets in and you cannot perform optimally. Always have a bottle of water with you for long workouts, and drink a glass or two before heading out.



2. Skimping on sunscreen: even if it looks partly cloudy outdoors, that summer sun can hit you hard. When heading outdoors, use a sweat-proof SPF of 30 or higher and reapply every two hours for moderate exercise, or every 45 to 60 minutes during intense fitness.

3. Not checking the clock: when it comes to training outdoors, remember that summer temperatures climb earlier in the day. Avoid exercising outdoors between the hours of 10 am and 3 pm, when it is generally the hottest. Work out bright and early in the morning or wait until the cooler evening hours.



4. Cranking up the altitude: looking to hit the mountains? Before you go from the treadmill to the trail – remember that the outdoors are different. High altitude – thought to be about 5,000 feet or above – poses an added challenge compared to sea level exercise, because less oxygen is available.

5. Wearing improper clothing: skin hugging outfits or polyester blends are not the best choices when exercising outdoors. Beat the heat by wearing loose-fitting, light-colored clothing. Choose breathable synthetics that wick away sweat and keep you cool.





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6. Bringing your pet with you every workout: nothing is better than logging a few miles with your furry best friend, but summer temperatures and high humidity can be especially harmful for dogs. On especially hot days, consider leaving your pet at home where they can rest comfortably until it cools down.

7. Skimping on electrolytes: high temperatures mean more sweat, which can translate into major electrolyte loss. If you are going to be logging some serious workouts outside, you need to recorder with more than just water. Focus on drinks that replace sodium, but do your body a favor and skip all the artificial ingredients and added sugars of popular sports drinks.



8. Holding yourself to the same PRs: if you can run an 8-minute mile or complete a circuit workout in 20 minutes, but expect a drop in performance once temperatures rise, especially with high-intensity cardio efforts. Holding yourself to the same standards that you meet in an air-conditioned gym will only lead to disappointment.



9. Not checking the weather forecast: try to be diligent about checking the weather forecast before a summer workout. Keep your eye out on humidity levels and heat advisories, so you can make importance choices on when and how to exercise that day.



10. Overdoing it: going all out once summer hits could be a mistake. Pushing too hard in the beginning can cause burnout and bring your fitness journey to a halt. Do not make the mistake of ignoring exhaustion. Listen to your body and stop if you feel dizzy, nauseated, or faint.

These common missteps can eventually lead to dangerous health risks. It is important to have a solid checklist of what *not* to do – both to keep you safe and allow you to perform your best.