



SEASONAL FITNESS CHALLENGE

SUMMER TIP 3

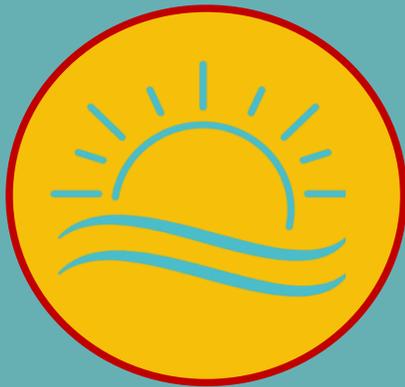
Staying Cool During Summer Workouts



BE ACTIVE



With temperatures in the triple digits and rising, it is vitally important to be proactive in making our summer workouts as safe as we can. Heat exhaustion and heat stroke are dangerous and potentially life threatening, try these tips to stay safe and continue on with your fitness goals!



TIMING IS EVERYTHING

On average, temperatures will be 5 to 10 degrees cooler in the morning or late evening, especially in the Midwest and mountains. Try to schedule your workouts during these cooler times of day. If you must exercise in the dark, wear light colors, reflective clothing, and consider wearing a headlight or using a flashlight if you are cycling.

LIGHTEN UP

While dark clothing can be slimming, it can raise your body temperature if you are wearing it outdoors during a workout.

Wear light colored clothing such as pastels, whites, light grays to stay cooler. Avoid direct sunlight if possible, making a point of finding shade to work out in.





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SAY NO TO COTTON

White cotton clothing is soft and comfortable in everyday life, wearing cotton during a workout on a warm day may cause blisters.

The fabric holds in moisture then stretches as you move, causing friction. Moisture wicking fibers like antimicrobial wool will keep you cooler and not cause as much friction. Look for DryFit or SwiftWick fabrics for your workout clothing. This includes socks, shirts, even undergarments.



HYDRA-CISE

Hydrate before, during, and after exercise, especially in the heat. If you are exercising for more than 90 minutes in the heat, replace electrolytes with diluted electrolyte drink products or coconut water. This replenishes minerals and fluid lost when sweating in the heat.

HIT THE WATER

Choose water workouts such as swimming, water aerobics, or running in shallow water to stay cool while burning calories. In cool water, this lowers the core body temperature to avoid heat exhaustion or stroke. This doesn't mean you aren't working hard though! Unlike heart rate, sweat is not an indicator of exercise intensity.



TOP IT OFF

Wearing a vented or moisture wicking hat or visor can help reduce the heat's effects on your outdoor workouts. Choose lightweight fabrics and colors that reflect the light. Choose sport-focused sunglasses to add an additional protection measure during a workout on a hot day!