Warm Weather Exercise Guidelines

You should take extra care when exercising in warm weather. The following tips will keep you safe in the heat:

• Exercise in the early morning or after the sun sets.
• Take frequent rest and water breaks.
• Drink water before you feel thirsty. By the time you feel thirsty, you are already dehydrated. This is especially true as you get older.
• Drink fluids before, during, and after exercise.
• Choose water or a low-calorie sport drink.
• Avoid beverages with alcohol and caffeine because these can cause dehydration.
• Wear light, loose-fitting clothing made of breathable fabric in light colors. Choose shady areas when possible.
• Reduce speed or distance as needed.
• Exercise indoors during ozone alerts, extreme heat, and very high humidity.
• Use sunscreen, hats, and sunglasses.
• Listen to your body. Stop if you feel chest pain, short of breath, dizzy, lightheaded, weak, very fatigued, nauseated, or that your heart is pounding. Get to a cool place. If these symptoms continue for more than 5 minutes, call 911.