



EAP 800-832-

## Health & Wellness Message - Exercise in the Heat

*Exercising in hot weather puts extra stress on your cardiovascular system. Both exercise and air temperature increases your body temperature.* Your body's natural cooling system may fail if you're exposed to high temperatures and humidity for too long, resulting in a heat-related illness (heat cramps, heat exhaustion or heatstroke).

### Stop exercising at the first hint of a heat-related illness:

- Weakness
- Headache
- Dizziness
- Muscle cramp
- Nausea or vomiting
- Chills

### How to Protect Yourself

#### **Hydration:**

- Drink fluids before, during and after exercise.
- Consume 6-8oz. of fluid / 15-20 minutes of exercise.

#### **Temperature:**

- Avoid the midday sun by exercising in the morning.

#### **Clothing:**

- Wear loose fitting, light colored clothing that wicks away moisture.
- Keep your shirt on! Removing your shirt will increase your sweat evaporation and your chances for heat illness.

#### **Sunscreen:**

- Apply sunscreen before going outdoors, and use a "sport" sunscreen that is sweat-proof.

### Get Acclimated

*It's essential to take the necessary precautions while exercising during the summer months.*

1. The average person can take from 10-14 days to adapt to warmer, more humid temperatures.
2. The benefits of heat acclimation are lost rapidly when an individual stops exercising in hot conditions.

### How to Get Acclimated:

- Start outdoor workouts at the beginning of summer
- Work at a lower intensity level than you would indoors
- Avoid caffeinated drinks
- Take a break if you feel yourself overheating
- Carry water / know where water fountains are located

**Resources:** [www.acefitness.org](http://www.acefitness.org) & <http://health.discovery.com>

Source: Michael Beaudoin

MediFit Corp.