

Exercise safely *in the heat*



IN THE
SUMMERTIME,
IT'S IMPORTANT
TO PLAN AHEAD.
BE AWARE OF THE
STEPS THAT WILL
KEEP YOU SAFE
WHEN EXERCISING
IN THE HEAT.



CHOOSE YOUR TIMING

Exercising in the middle of the day exposes you to the worst of the heat and sun. This increases your risk of overheating. Early morning or evening are the best times to exercise in the heat.

DRESS FOR THE WEATHER

Light colors and loose-fitting clothing allows your sweat to evaporate and releases heat from your body. A vented hat with a full, wide brim is also recommended.

HYDRATE WELL

Make sure you are well hydrated in advance of exercising in the heat. While exercising, take frequent sips of water or a sports drink. Once you finish, replenish with more water.

GO SLOW

If you are used to exercising indoors or new to exercise in general, go slow at first. Keep your exercise sessions short and low-intensity in the beginning. You may be able to build up gradually as your body adapts.