



COOL DOWN YOUR SUMMER WORKOUT

The “Dog Days of Summer” have DEFINITELY arrived but you don’t have to give up exercise because it’s hot outside. You can beat the heat with the following tips.



- Drink water before, during and after your exercise session. Your body needs water to cool down.
- Wear loose-fitting, lightweight clothing that absorbs sweat and removes it from your skin.
- Apply sunscreen (oil-free) to protect your skin.
- Work out early in the morning (before 10 am) or early in the evening (after 7 pm) to lessen the effects of weather.
- Check air quality. Lower your exertion level during physical activity on days with extreme heat and high smog.
- Take a dip. Water exercise is a great alternative in hot weather.
- Exercise in an air conditioned environment, such as a gym or shopping mall.
- Listen to your body. It’s not a good idea to push yourself during times of extreme heat. If you feel bad, use common sense and stop your workout.



Exercising outdoors in the summer is fun. Just be careful, know your limitations and have a safe and enjoyable workout.



**The Medical
Center of Plano**