

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.**

