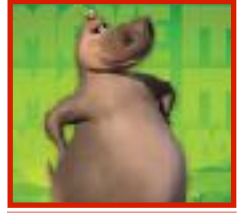


MOVE IT! “MONDAY”

Tips for Exercising in Summer Heat!



1. Wear Loose Clothing

Lightweight and breathable clothes are a must.

2. Hydrate

Staying hydrated is key to a successful summer workout. Drink a few glasses of water before your exercise, and to continue hydrating during and after your workout.

3. Protect Your Skin

Dermatologists recommend using a sunscreen with an SPF of at least 30, which blocks **97** percent of the sun's UVB rays. Also wear a hat or visor to prevent sun directly hitting your face. This helps to keep your body temperature down.

4. Consider a Cold Shower

Cold water can help your body cool down. Taking a cold shower before you exercise to lower your body temperature, especially if you're heading out for a run on a scorching day.

5. Pay Attention to Body Signals

Make sure you pay attention to how you feel during your workout. "If you are feeling nauseous, dizzy or faint, stop your work out and rest.

6. Adjust Your Timing

Heat peaks in the middle of the day. If you can, avoid late-morning and mid-day exercise. Instead, aim for early morning or later in the day, around dusk.

7. Head to the Pool!

8. Hit the Gym When Temperatures Soar!

When the heat becomes unbearable, exercising in the air conditioning makes a whole lot of sense