



## Now That the Warmer Weather is Here, How Do I Take My Indoor Workout Outside?

### ANSWER:

Now that the weather is starting to get warmer and you've been exercising inside for the better part of 2 months, it's time to relocate your indoor workout. Summer is just around the corner; take your workout outside and enjoy what summer has to give. However, understanding how to exercise safely and effectively in the heat and sun is important. Check out these tips:

1. Exercise in the early morning or early evening – less sun, less air pollution. Evaluate every aspect of the environment that may affect your ability to exercise safely, i.e. air temperature, humidity, wind velocity and solar radiation. Although you cannot change environmental factors, you can change where or when you exercise.
2. Look cool and be cool in loose, light coloured clothing. It is best to wear synthetic fabrics such as 100% Polyester. Cottons absorb perspiration and the synthetic fabrics wick the perspiration away from your body.
3. Drink plenty of fluids before and after exercise and especially during long-term activity. Adequate water intake is important. Drink enough to replace the amount lost through sweat, urine and the air you breathe.
4. Swimming is a wonderful way to exercise on a hot day. However, avoid strenuous swims in heated pools during the summer. You can still become dehydrated even though you are in a pool!
5. Sweat is your body's natural cooling system. If you are active and you sweat, chances are your cooling system is doing its job – if you DON'T sweat, it is time to watch out. Your tongue should never be dry or pasty. This is not a SIGN that you're dehydrating – it is a FACT that it has already happened! Drink up! Don't count on thirst as an accurate guide to your water needs. You will quench your thirst long before you replenish your body supply.
6. When the hotter weather arrives, acclimatize yourself gradually. Try running on trails which provide shade and generally are 2 to 3 degrees cooler. Wear sunblock (SPF 15 or higher). Remember to apply at least 30 minutes before going out in the sun and reapply often if you're sweating or going into the water. Don't forget your hat and sunglasses!
7. **STOP** exercising if you feel dizzy, faint and/or nauseous. These may be signs of heat exhaustion. Find shade, drink water and rest until you recover.



**The Summer Doesn't Last Long. Enjoy It While You Can!**

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