

5 Tips for Exercising in the Heat

Everybody loves a good workout outdoors—but it's important to be mindful of the weather. Being hot for too long can cause hyperthermia—a heat-related illness that includes heat stroke and heat exhaustion.

If you're planning to be active outside in the heat, follow these five tips to stay healthy.

1. Timing is everything

Avoid exercising outside between noon and 3pm, when it's hottest.

2. Hydrate, hydrate, hydrate

Drink plenty of water before, during and after your activities.

3. Dress for success

Choose light-colored, loose-fitting clothes in natural fabrics and dress in layers.

4. Move on in

If it's really hot or humid, resume your activities indoors until it's cooler out.

5. Watch these signs of heat-related illness:

- Fainting, headache, dizziness, or nausea
- Body temperature over 105°F
- A change in behavior—confusion, agitation, being grouchy, acting strangely, staggering, or being unresponsive
- Dry, flushed skin and a strong rapid pulse or a slow weak pulse
- Not sweating despite the heat



If you think someone might have a heat-related illness, get help right away.



Visit hpiTPA.com for other health and wellness resources.

