

# Living Well Tip of the Week

**Over the last 20 years, more people in the US have died from extreme heat than from hurricanes, lightning, tornadoes, floods, & earthquakes combined.**

***(Centers for Disease Control and Prevention)***

## Summer Exercise Tips



- ▶ Allow for Acclimation. Cut back on the time & intensity of your workout until you have acclimated to the high temperature
- ▶ Exercise in the morning or evening. Avoid exercise from 10-3 when temperatures are at their highest.
- ▶ Dress for the heat. Minimal, loose fitting clothing in light colors is the best. Avoid 100% cotton. A wicking material is best.
- ▶ Drink up. Make sure to drink plenty of water before, during & after exercise. Minimize soda & coffee.
- ▶ Know when to stop. Symptoms of heat exhaustion include fatigue, dizziness, nausea or vomiting, headache, rapid heart beat, confusion or complete loss consciousness. Stop activity immediately if you experience any of these symptoms.

For more tips on exercising during the summers, log onto [www.webmdhealth.com/ut](http://www.webmdhealth.com/ut), select “Health Topics” and type “Exercise”