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# ADULT HEALTH BULLETIN

JULY 2010

Reprinted by:  
K-State Research & Extension  
Atchison County Office  
405 Main/PO Box 109  
Effingham, KS 66023  
913-833-5450  
[www.atchison.ksu.edu](http://www.atchison.ksu.edu)

## THIS MONTH'S TOPIC: SUMMER EXERCISE

Summer is here and temperatures are rising; but don't let the heat stop you from being active! There are lots of ways to make you more comfortable when exercising in the heat. When and where you exercise can make a big difference in the temperatures you experience.

It is important to listen to your body and follow its signals when working out in the heat. Slow down or stop exercising if you feel any of the following symptoms:

- Dizziness
- Nausea
- Headaches
- Cramps
- Loss of energy

### 10 tips for being active during the summer

1. Work out in the early morning or late evening when it is not as hot.
2. Drink lots of water.
3. Avoid drinking caffeine and alcohol which cause you to lose water.
4. Look for cool, shady places to work out.

Continued on the back →



## ***Fluid intake is very important when exercising in the heat.***

### **CONTINUED FROM PAGE 1**

5. Take up swimming, but remember that you sweat while you swim, so continue drinking water.
6. Find an air-conditioned place to work out such as a shopping center, gym, or even your own living room.
7. Wear light weight clothing when outside. Light colored fabrics are better since they reflect light.
8. Wear sunscreen
9. Eat lots of fruits and vegetables which contain water, sugars, and salts.
10. Learn to accept and even enjoy sweating. Sweating is a system for cooling the body.

### **Drink fluids before, during, and after exercise**

Recommendations for fluid intake when exercising in the heat:

- 2 to 3 hours before exercise – drink 2 -3 cups of water or a sports drink.
- 10 to 20 minutes before exercise – drink 1 cup of water or a sports drink.
- Every 10 to 20 minutes during exercise – drink 1 cup or more of water or sports drink.

### **What should I drink?**

- Fluid intake is very important when exercising in the heat.
- Water is best for workouts less than an hour long.
- For workouts over an hour long, a sports drink is a better choice because of the extra calories needed to keep exercising.

### **Active seniors**

Certain health conditions make it harder for seniors to manage their body temperature. High blood pressure, cardiovascular disease,



and diabetes can reduce sweating and prevent the body from cooling down. Also, some medications can make it harder to manage body temperature. Ask your physician or pharmacist if any of the medications you take may affect your ability to exercise in the heat.

#### **SOURCES:**

- American College of Sports Medicine Fit Society Page, "A Hot Issue For Summer Exercisers", Summer 2001.
- American College of Sports Medicine Fit Society Page, "How to Fuel Active Kids", April-June 2001.
- American College of Sports Medicine Fit Society Page, "Summer Exercise Tips for Older Adults", Summer 2001.

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**HEALTH  
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Edited by: Connee Wheeler  
and Nicole Peritore

Designed by: Rusty Manseau

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