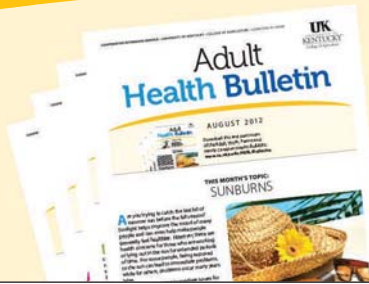


Adult Health Bulletin



MAY 2015

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THIS MONTH'S TOPIC: ADJUSTING TO WARM WEATHER

Did you feel like warm weather would never get here? Well thankfully, it finally has. With all of this nice weather, you may be thinking about going outside. Whether it is gardening, cleaning the outside of the house or just going outside for a walk or other exercise, remember to be safe.

As the temperature gets warmer, there are several factors to consider when outside: the time of day, what you are wearing and how much fluid you drink. These can make a big difference in how your body adjusts to the new temperatures. Remember, it can take a few days to get used to the change in temperature if you have not been outside for a while.

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What time of day should you be working or exercising outside?

Each person probably has a different ideal time to be outside for work and/or exercise. As the days get warmer, the hottest part of the day is usually 2-3 p.m. Ideally you would not want to overexert yourself during that time. For some individuals, the morning is a great time to be outside and that is generally going to be the coolest part of the day. If you are outside during the morning, you may want to layer your clothing. The morning may start off a little chilly and quickly warm up. By wearing layers, you can make sure you are warm enough and not getting overheated. Working outside or exercising in the evening can also be a good choice if you cannot or do not want to be outside in the morning.

How much fluid should you drink?

When you are working or exercising outside, it is important to make sure you have enough to drink. If you are planning to be out in the afternoon you should start drinking water 2 to 3 hours before you go outside. If you are outside in the morning, make sure you are drinking about 10-20 minutes before you start exercising. While you are outside you should take something to drink with you. Every 10-20 minutes you should drink some water or other fluid. After coming back inside, you should still drink a glass or two of fluid.

Do you ever wonder what you should drink? If you are outside exercising for less than an hour, gardening or general cleaning, water is your best choice. If you are sweating or exercising heavily, then a sports drink may be needed. If you do not like the taste of ordinary water, there are mixes you can add to match the flavors you enjoy.

Other considerations for adjusting to the warmer weather include:

- Be sure to wear sunscreen. You do not have to be at the pool or beach to need sunscreen. In fact you should always make sure you have sunscreen on bare skin when you are outside.



- It is OK to sweat. Sweating is the way the body cools itself down. If sweating bothers you, take a small towel with you to wipe your brow.

All in all, it is very important to pay attention to what your body is telling you. If you are outside and you start to feel dizzy, have a headache, cramps or feel very tired, you should stop what you are doing and rest in the shade. Take small sips of water and allow your body to cool down.

Being outside this time of year can be a great way to enjoy the spring and transition into the summer, but remember to be safe and listen to your body.

SOURCES:

- Medline Plus. (2015). Dehydration. <http://www.nlm.nih.gov/medlineplus/ency/article/000982.htm>
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