

Exercising in hot weather

- Simple tips we sometimes forget!!

For many of us, exercise is our escape. It makes us feel good, improves our self-esteem, and releases happy endorphins that make us feel amazing! That's why, when we can't access it, our mental health can be significantly affected.

With soaring temperatures, it can feel impossible to exercise without getting too hot or feeling uncomfortable. Those of us that do attempt to keep to our schedule can often struggle due to temperatures we are not acclimated to.

Don't panic! This doesn't mean exercise is out of the question. We want to support you and your lifestyle however we can, so we've put together some quick tips and pointers to help you keep to a routine that makes you happiest.



Dress appropriately

Lightweight, loose fitting clothing helps sweat evaporate and keeps you cooler. Avoid dark colours, which can absorb heat. If possible, wear a light-coloured, wide-brimmed hat.

Get acclimated

If you're used to exercising indoors or in cooler weather, take it easy at first when you exercise in the heat. It can take at least one to two weeks to adapt to the heat. As your body adapts to the heat over time, gradually increase the length and intensity of your workouts.

Drink plenty of fluids

Dehydration is a key factor in heat related illnesses, especially if you're used to our more traditional cooler temperatures. Help your body sweat and cool down by staying well-hydrated with water. Don't wait until you're thirsty to drink fluids!

Tip!

If you know you're not great at remembering to drink, set an alarm on your phone to go off every 20 minutes. It will prompt you to drink and ensure you are hydrated!

Drink the right fluids

If you plan to exercise intensely, consider a sports drink instead of water. Sports drinks can replace the sodium, chloride and potassium you lose through sweating.

Avoid midday sun

Exercise in the morning or evening, when it's likely to be cooler outdoors. If possible, exercise in shady areas, or do a water workout in a pool.

Wear sunscreen

This one is so incredibly important! A sunburn decreases your body's ability to cool itself and increases the risk of skin cancer. Always wear sunscreen if exercising outdoors, even if it doesn't look very sunny or is late in the day.

