

## MAKE YOUR SUMMER workout easier

You can still enjoy a productive workout during the warmer months. Try these tips:

1. **Start early with water.** Don't wait to start drinking water right before you exercise. Drink water throughout the day to keep your body hydrated. Then, drink additional water during and after your workout.
2. **Go indoors when heat and humidity are too high.** Don't try to brave extreme weather with an outdoors workout. Heat exhaustion and heat stroke are dangerous and can happen to anyone. On heat advisory days, take your workout indoors.
3. **Wear the right clothes.** Choose light-colored clothing that is made for sweating and workouts. Many new, lighter fabrics will keep sweat and moisture away, which makes you feel cooler. Cotton clothing is best suited for low-humidity weather conditions.
4. **Shun the midday sun.** In the summer, limit or avoid heavy workouts from 10 a.m. to 4 p.m. The sun and temperatures will be hottest during these times. Instead, go out early in the morning or in the evening.

Source: Academy of Nutrition and Dietetics