

Keep It Cool During Warm Weather Workouts

With the sun shining bright, it's the perfect time to take your workout outside! Use these tips and tricks to stay cool as you Move More all summer long.



Time It Right

- Get outside during the coolest parts of the day, such as the morning or evening
- Avoid outdoor activity from 12 to 3 PM, the hottest part of the day
- Give yourself time to warm up and cool down before each activity



Stay Hydrated

- Drink water before, during and after activities, even if you don't feel thirsty
- Fuel up with hydrating fruits and vegetables, smoothies and infused water
- Carry a water bottle or hydration pack with you for easy hydration



Dress for Comfort

- Wear lightweight, light-colored clothes made with moisture-wicking fabrics
- Lace up with breathable shoes, lightweight socks and supportive insoles
- Protect yourself with sunglasses, waterproof sunscreen and a hat or visor



After Your Workout

- Drink cold water
- Use a misting fan
- Drape your head, neck or chest in a chilled or iced towel
- Dunk your feet, up to your ankles, in cold water

Make It Fun With Warm-Weather Activities:



Swimming



Hiking



Outdoor yoga



Biking



Seek Medical Care for Heat-Related Illness

- Dizziness, blurred vision or headache
- Fatigue, weakness or fainting
- Nausea or vomiting
- Cold, damp skin
- Weak, rapid pulse

For more ideas on staying active, visit [heart.org/MoveMore](https://www.heart.org/MoveMore)