

When you're working out in the heat take the following precautions, use common sense and know the signs of a heat-related emergency.

### EXERCISE IN THE MORNING OR EVENING

Exercise when the temperature is cooler, avoiding midday sun and heat. Get used to exercising in warmer weather by slowly increasing the time or intensity of your workouts. Even experienced athletes are susceptible to problems when the weather gets warmer. Your heart has to work harder in the heat, so don't risk overdoing it—listen to your body.

### STAY HYDRATED

Drink before you get thirsty. You place your performance and your health at risk when you are dehydrated. Signs that you are dehydrated include fatigue and dark colored urine. If you are outside for more than an hour or if you sweat a lot, you need to balance out both water and salt lost in sweat.

### AMERICAN COLLEGE OF SPORTS MEDICINE RECOMMENDATIONS ON HYDRATION

#### Before your workout:

- Drink 16-20 fluid ounces of water or sports beverage at least four hours in advance
- Drink 8-12 fluid ounces of water 10-15 minutes before exercise
- Consuming a beverage with sodium (salt) and/or small meal also helps to stimulate thirst and retain fluids

#### During your workout:

- Drink 3-8 fluid ounces of water every 15-20 minutes when exercising for less than 1 hour
- Drink 3-8 fluid ounces of a sports beverage (5-8 percent carbohydrate with electrolytes) every 15-20 minutes when exercising for more than 1 hour
- Do not drink more than one quart/hour during exercise

#### After your workout:

The goal is to correct your fluid losses within two hours after exercise

- Drink 20-24 fluid ounces of water or sports beverage for every pound (of water) lost

### WEAR LIGHT-COLORED, LOOSE FITTING TECHNICAL FABRICS

Technical fabrics dry quickly and are made of breathable, synthetic fibers that wick sweat away from your skin. Light-colored clothing reflects the sun and does not hold the heat like darker fabrics.

#### References

National Institutes of Health, "Heat Illness," Medline Plus, U.S. National Library of Medicine, <http://www.nlm.nih.gov/medlineplus/heatillness.html> (accessed 16 January 2014)

American College of Sports Medicine, "Position Stand: Exertional Heat Illness During Training and Competition," *Medicine & Science in Sports & Exercise*, (2007), 556-572

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### USE SUNSCREEN AND REAPPLY IT OFTEN

In addition to a hat, find a sunscreen that works for you and wear it! Reapply sunscreen—even if it's waterproof—and definitely spread on more sunscreen when you sweat.

### LEARN THE WARNING SIGNS OF HEAT-RELATED ILLNESS

Heat-related illnesses are serious, including heat exhaustion and heat stroke. Especially in areas of extreme heat and humidity, your body may be unable to cool itself and your body heat may rise quickly.

Muscle cramps and fatigue are early warning signs that you need to stop exercising and cool down. You can quickly progress to heat exhaustion and heatstroke.

**Heat exhaustion is the stage of heat illness leading up to a heat stroke. Symptoms can include:**

- Heavy sweating
- Extreme weakness or fatigue
- Dizziness
- Clammy, moist skin
- Muscle cramps
- Pale complexion
- Slightly elevation body temperature
- Fast and shallow breathing

**Heat stroke is a serious heat illness that requires professional medical attention. Call your local emergency number if you notice warning signs of heatstroke:**

- A high body temperature
- Confusion or strange behavior
- Rapid and/or weak pulse
- The body stops sweating
- Dry and/or hot skin
- Seizures
- Loss of consciousness

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