



BEAT THE HEAT

Frequently Asked Questions

What precautions should I take when exercising in the heat?

- Exercise during the cooler parts of the day such as early morning or late evening to avoid exercising during peak heat hours.
- One can participate in activities that are more tolerable in the heat, such as swimming, water aerobics, or indoor activities like yoga, Pilates, or gym workouts. These exercises will reduce the risk of hyperthermia (increased body temperature) and dehydration.
- Stay hydrated before, during, and after physical activity. Carry a water bottle and take regular sips to prevent dehydration.
- Wear lightweight, loose-fitting, and light-coloured clothing which allows the body to breathe and sweat to evaporate, thus helping in cooling down the body.
- Apply sunscreen with a high SPF, wear hats, and use sunglasses to protect against harmful UV rays.
- Encourage a gradual increase in the intensity and duration of physical activities to allow the body to adapt to the heat.
- Pay attention to the body's signals. If you feel dizzy, nauseous, or overly fatigued, you should stop the activity and seek a cooler environment.
- Use shaded paths for walking or running. Indoor activities in air-conditioned venues can also be a good alternative.
- Stay informed about weather conditions. Check the weather forecast to plan physical activities accordingly. Avoid the hottest parts of the day.
- Group exercises, whether in-person or virtual, can provide motivation and a sense of community, encouraging regular participation.
- Set achievable and realistic fitness goals for the summer months, considering the challenges posed by the heat.
- Take regular breaks during exercise to rest and hydrate, especially during high-intensity activities or longer sessions.

