

# Fun Fact of the Week

## Beat the Heat and Humidity with These Summer Workout Tips\*

By Varsha Pednekar

Summer has officially arrived in the subcontinent, which means so have high temperatures and sweaty runs. Even if you choose the coolest time of the day to get your workout done, it's hard to escape the humidity that tends to make most outdoor workouts uncomfortable.

Lucky for you, we have compiled a list of summer workout tips that will help you stay dry and fresh through the heat.

### Be flexible about your timings

If you are one who is stringent when it comes to sticking to their routine, then summers will require you to be more flexible. You will have to shuffle between early mornings or late evenings, which are the perfect timings to work out in this weather. It is usually a bad idea to run or exercise when the sun is shining during the late mornings or afternoons.

### Look for wicking in clothes

Lightweight, breathable, wicking clothes are ideal for the summer as they will pull the moisture away from the skin, so you are left feeling relatively cooler. Besides wearing comfortable summer-friendly running attire, it's a good idea to lather on some sunscreen. Runners are more likely to be affected by heat burns and rashes as they are out and about in the sun for longer. Make sure it's a sweat-proof formula. You can also wear a hat or sports sunglasses to keep the sun away from your face.

### Try pre-cooling

Lowering your body temperature in the hour before you run or exercise in the heat slows the rate at which your core temperature rises once you're out on the road. This translates into being able to run farther or faster than would otherwise be possible in the heat. Taking a cool shower before a workout or run will help lower your body temperature considerably. Especially if you leave your hair wet, the water dripping down your face and neck will help you keep cool. Pre-cooling improved hot-weather performance by 3 percent, according to studies. Try and invest in a commercially available "ice vest," but if you can't get your hands on it then you can sip cool beverages and sit in an air-conditioned room.

### Exercise Indoors

This would be a good time to take advantage of the monthly membership at an air-conditioned gym. If that is out of your budget, then burn calories with some home-workout sessions that include fitness DVDs, jumping rope, running up and down your stairs or training with Mobiefit BODY. If you do need to get out, then stick to the shady woods or the breezy beach shoreline. If you need to get out, speed walk with the moms and grammas in the mall.

### Don't Overtrain

Summertime isn't the best time to push yourself. Your body needs time to adjust to changes in weather. You may struggle to complete a 20-minute run on a hot day, even if you have practiced running for that period previously. Cut down your mileage in the first few days of summer running. Over a period of a week to ten days, build it back up as your body adjusts to the travails of the heat. Same goes for workouts. If you are set on getting in a 30-minute workout, then go easy on the intensity to avoid overheating. It's okay to take breaks and



break down your session into smaller ones, where you can exercise twice in one day instead of one long heated session.

### **Hydrate Hydrate Hydrate!**

While it's essential to be hydrated during all your workouts, it's all the more important in the sun as your body is losing water and burning calories at a higher rate. Drink ample water before your workout and after it. For really long sessions (over 40 minutes) make sure you have a sports drink that supplies you with the requisite sodium and potassium. The former helps you use the water you've consumed, while the latter can help avoid cramps.

*\*<https://www.mobiefit.com/blog/beat-the-heat-and-humidity-these-summer-workout-tips/>*