

# HOT WEATHER EXERCISE TIPS

**STAY ACTIVE AND HYDRATED THROUGH THE SUMMER**

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**SET YOUR ALARM:** Sunrise is generally the coolest time of day, so get up and get out early. It may be more humid, but it is generally still hot at sunset because the ground radiates accumulated heat.

**HYDRATE:** It is recommended to drink at least eight ounces of liquids prior to heading outside to exercise and 6-8 ounces of fluids every 15 minutes, switching between water and an electrolyte drink. Remember to drink plenty of fluids post exercise to speed recovery.

**PROTECT:** Use sunscreen to protect your skin and prevent sunburn.

**ACCLIMATIZE:** It is advisable to gradually build up your tolerance for exercising in warmer conditions

**WEAR TECHNICAL FABRICS:** Technical fabrics wick sweat from your body to keep you cool. Also, wear a visor to keep sun out of your eyes, not a hat, which traps the heat.

**SLOW DOWN:** For every 5 degree rise in temperature above 60 degrees F, slow down your activity intensity by 5%

**BE REALISTIC:** Do not overestimate your level of physical fitness; set realistic exercise goals.



#### **Southeast Location**

5060 Cascade Rd SE, Ste A  
Grand Rapids, MI 49546  
P: (616) 954.0950  
F: (616) 954.1728



#### **Northeast Location**

6290 Jupiter Ave NE, Ste C  
Belmont, MI 49306  
P: (616) 364.3290  
F: (616) 364.3299



#### **Downtown Location**

45 Ottawa Ave SW, Ste C  
Grand Rapids, MI 49503  
P: (616) 323.1700  
F: (616) 608.0073



#### **Southwest Location**

1736 Gezon Pkwy SW, Ste 100  
Wyoming, MI 49519  
P: (616) 249.0750  
F: (616) 249.0794



#### **Northwest Location**

1195 Wilson Ave NW, Ste 101  
Walker, MI 49534  
P: (616) 784.1450  
F: (616) 784.1458

**Hours: Monday - Friday 7am - 7pm  
Southeast Location - Saturday 8am - 12pm**

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