

Big Brothers Big Sisters of Yorkton & Area

Fitness Friday

June 4, 2021



Keeping Cool



1. The most important consideration is hydration. Aiming for 8 glasses of water a day is great, but when it's hot out and you are exercising, more water may be required to keep hydrated.

2. Wear sunglasses. Buy yourself a good pair of sunglasses that block out the sun's ultraviolet rays and then wear them.

3. Wear a hat to protect yourself from the sun and keep your head and face cool.

4. Wear sunblock on all exposed areas. Wear a sunblock with at least an SPF of 15, although the higher the protection, the better. If possible, apply the sunblock 30 minutes before going outside.

5. Wear light-colored, loose-fitting clothing. Consider special synthetic fabrics which wick away sweat and moisture from the skin.

6. Avoid exercising during the middle of the day or early afternoon when the sun is the hottest. Early morning is the coolest part of the day. Even the early evening can be very hot.

7. Cool down with some simple stretches. You may be hot and tired after your routine, but don't neglect this important part of your exercise regimen. Stretching for a few minutes will help cool you down and relax your muscles.

8. Rest. Pushing too hard at the wrong times, like in the heat, can lead to injury and fatigue. If you are exercising and you start feeling dizzy, nauseated, excessively thirsty, or unusually fatigued, lower the intensity of your workout or stop. Drink plenty of fluids and take a cool shower.

Thanks MarathonPal.com for the info.

345 Broadway St. W. Yorkton, SK S3N 0N8 Phone: (306)782-3471

Email: bbbs.yorktonarea@bigbrothersbigsisters.ca

Website: www.yorkton.bigbrothersbigsisters.ca