

WALKING AND TRAINING IN THE HEAT

With temperatures pushing into the nineties, it is extremely important to exercise with caution. Guidelines to avoid the risk of heat stress injury:

- Avoid exercising in extreme heat and humidity.
- Wear sensible, porous, light-colored, loose-fitting clothing while exercising in the heat.
- Train for competition in heat by acclimating slowly, increasing intensity and duration of exercise over eight to ten days. Gradually building up tolerance for walking in warmer weather.
- Maintain a high level of fitness and don't overestimate your level of fitness.
- Hydrate. Drink adequate water before, during and for 24 hours after vigorous exercise. Drink fluid 30-45 minutes before exercise and then every 10-15 minutes while exercising. After exercise drink more than you think you need. The thirst mechanism is a poor indicator of when your body needs fluids, especially as you age.
- Recognize early symptoms of heat stress-dizziness, cramps, clammy skin, extreme weakness and don't be too proud to quit if these should occur.

Watch your health. Make sure you are aware of both medical conditions and medications that can affect your tolerance for exercise in the heat.

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