

## Beat the Heat: Summer-Proof Your Exercise Routine

by [Karen Kwan](#)

It's getting hot out there. In fact, [Environment Canada](#) is saying we're in for a hot, dry summer. But before you take your workout outdoors, make sure you're prepared so you can keep your cool in the warm and sunny conditions. Here are some essentials to summer-proofing your routine:



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**Don't go all out right away or all the time.** This may go against your A-type [personality](#), but when the [humidity](#) levels are at an all-time high, this is not the time to be pushing yourself to the limit. If you're only just taking your workout outside for first time this season, recognize the heat will impact your performance -- ratchet down the intensity and length of your workout until your body adjusts to the new conditions.

**Hydrate, hydrate, hydrate.** You may only be going for a short [workout](#), but you still need to hydrate leading up to your workout -- and you should always plan to take a water bottle with you (better to be safe than sorry on a hike where you've got no access to a [water](#) fountain, for example). Drink during your workout even if you don't feel thirsty (by the time you feel thirst, you're already dehydrated). Taking a sip about every 20 minutes is a good rule of thumb. More intense workouts -- of an hour or more -- call for an electrolyte beverage.

**Wear proper exercise gear.** Light colors will absorb less heat than dark-colored pieces. Plus, opt for loose-fitting gear made of thin, technical fabrics that wick away sweat from your [skin](#) to help keep you cooler (cotton gear will just make you feel damp and uncomfortable). A hat will help shield you from the sun and UV-protection sunglasses will keep your eyes safe. Also, before you put on your workout clothes, slather on a sport [sunscreen](#) of SPF 30 or higher -- these versions are sweatproof so they won't drip into and sting your eyes.

**Plan your workout around the weather forecast.** Avoid exercising outside during the sun's peak hours from 10 a.m. until 2 p.m. and aim to fit your workout into early morning or evening hours. Seek out shady parks and trails so you can get some relief for the [burning](#) sun. In extreme heat conditions, consider taking your workout back indoors for the day (or switch your cardio workout of choice to [swimming](#) laps in the pool).

**Pay attention to how you're feeling.** If you ever feel nauseous, lightheaded, disoriented or weak, stop your workout, drink water and get out of the sun. These may be signs of

heat stroke or exhaustion. Scale back your workout accordingly the next time you work out.

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