

Summer Exercise & Dehydration

Athletes who exercise in the summer are more prone to dehydration, heat exhaustion and heatstroke. Symptoms include:

Dehydration:	Dizziness or lightheadedness Very dry mouth Very dark urine
Heat exhaustion:	Dizziness “Goose bumps” (esp. on the torso and arms) Nausea and/or vomiting Headache Muscle cramps Rapid pulse
Heatstroke:	Disorientation Leg weakness Sweating stops and skin becomes hot and dry Seizures

Usually heatstroke is only a problem for those who ignore the symptoms of heat exhaustion. If any of the above symptoms occur, follow these instructions:

- Cease activity
- Get to a cooler place (even if it just means moving into the shade)
- Drink as much fluid as possible
- Rest until symptoms subside
- Do not attempt any more strenuous activity for the rest of the day

As always in healthcare, PREVENTION is the key. Use the following methods to avoid dehydration and heat problems:

HYDRATION: Water and sports drinks are best. Avoid caffeine.
An easy rule of thumb for measuring fluid is that one ‘gulp’ from a water bottle is equal to ½ an ounce.
Drink 16 oz. of water or a sports drink 2 hours before a workout
Drink 6-8 oz. every 30 minutes during activity—you can always carry a small water bottle on your run/walk
After your activity, drink at least 16 oz. for every 30 minutes you exercised
Drink as much as you can during the day.

If you are well hydrated, your urine should be clear. If it is yellow, this means you are not drinking enough fluids to work out safely.

OTHER TIPS: Eat several small salty snacks during the day (peanuts or pretzels)
Wear ‘coolmax’ or a sweat wicking fabric. This will allow your sweat to evaporate more quickly.
Do not wear large or oversize clothing.
While less clothing is better, do not forget to apply sunblock.
Try to avoid going from air conditioning directly to your workout.
Allow at least 10 minutes ‘transition time’ so your body can adjust to the temperature difference.
Always exercise with a buddy in the summer months.