HOT WEATHER AND EXERCISE

Staying healthy in hot weather may mean you have to change your exercise routine to reduce your risk of heat-related illness.

When the weather is hot, it is important to:

- Use common sense – exercise moderately and, if you start to feel ill, slow down and stop.
- Light coloured, loose-fitting clothes made from natural fibres like cotton will let sweat evaporate more easily, helping to keep you cool.
- Drink plenty of water before and during exercise.
- If you like to exercise outside, do it early in the day when the temperature is cooler and try to stay in the shade.
- During daylight hours, wear a hat and sunglasses, and make sure you apply SPF30+ sunscreen at least 20 minutes before you go outdoors (and reapply every 2 hours).
- Keep cool by modifying your routine – for example, swap a run for a swim or work out in an air-conditioned room or gym.

In a medical emergency, always call triple zero (000) for an ambulance

For more information