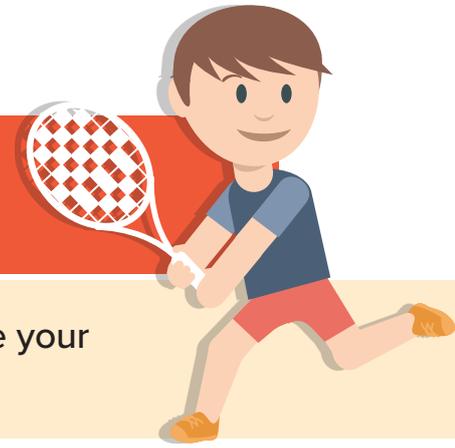


HOT WEATHER AND EXERCISE



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

www.sahealth.sa.gov.au/healthyintheheat

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