

# 5 Tips for a safe **Summer Workout**



## **Pick the right time**

Exercise in the morning or evening when temperatures are usually cooler.



## **Wear the right clothing**

Loose, breathable clothing that prevents chafing will help keep your body cool.



## **Avoid Extreme Temperature Change**

Don't go right from the heat to a cold room. Take the time to properly cool down.



## **Slow Down**

Extreme heat is not the time to go for your personal best. Don't push yourself.



## **Water, Water, Water!**

Staying properly hydrated before, during and after your workout is critical to avoiding injury or heat related illness.



**Always consult your doctor before exercising if you have health issues that could be complicated by heat exposure.**