



# 10 TIPS FOR STAYING AFTER IT IN THE HEAT

# 1

## WHEN TO HYDRATE

Aim to be fully hydrated an hour before you head outdoors because drinking water only starts the hydration process. Drink a half-liter of water every hour while you're active, plus plenty afterward.

# 2

## SWITCH IT UP

Midday sun can add up to 20 degrees or more to the air's actual temperature. Consider switching that lunchtime walk to the morning or later in the afternoon. And choose a route with lots of shade.

# 3

## DON'T EAT AND RUN

The energy it takes to digest food raises your body temperature. After a big meal, wait 2-3 hours before being active in the sun. Afterward, hydrate, but wait until your body temperature regulates to eat.

# 4

## WEAR A HAT

Shading your head from harsh sun rays with a hat can keep you up to 30 degrees cooler.

# 5

## TAKE IT INDOORS

If it's over 90 degrees, it's recommended that you skip the outdoor workout (unless it's swimming) and instead hit the gym or train at home.

# 6

## LET YOUR BODY ADAPT

In early summer, your body isn't used to the high temperatures, so go easy when you're being active outdoors. Take rests or go for a shorter time until your body adapts.

# 7

## COOL YOUR NECK

Place an ice pack or a cold press against your brainstem (top of the back of your neck). This part of your brain senses and regulates body temperature. It'll create a cooling sensation across your body.

# 8

## SPRITZ

Keep a spray bottle of water in the fridge and cool yourself down after your workout with a cold spritz. Whether that water is Essentia is up to you.

# 9

## SWEAT

Sweating is your body's natural cooling mechanism. Wear a lightweight sunscreen to keep your pores open, plus wear sweat wicking material so your skin can perspire.

# 10

## KNOW THE SIGNS

Watch for warning signs of heat exhaustion: fatigue, extreme thirst, nausea, headache, shortness of breath, muscle cramping and lightheadedness. Confusion, vomiting, seizures, or passing out could mean you have heatstroke and need immediate medical care.

**+** This summer is a hot one, but you don't have to give up being active. Here are 10 tips you may not know about that can help you stay cool and safe while you stay after it.



overachieving H<sub>2</sub>O