

## Summertime Fitness: How to Stay Active During the Hottest Months

When the weather is scorching, your daily run or outside workout routine suddenly seems a lot less appealing.

Let's take a look at the best ways to stay active during the hottest months without needing to brave the sun.

### Gyms Are Open Again

Across the country, the pandemic shut down most gyms. However, throughout 2021, gyms have started to reopen – some quicker than others.

These same gyms have also instituted strict cleaning policies, allowing you to exercise in a safe, air conditioned, and sanitized environment.

If you tend to do your workout midday, consider returning to a gym until the weather cools down a bit.

### Home Workouts

If you're not ready to go back into a public gym, you can exercise from the comfort of your home.

In fact, many gyms now offer online classes via Zoom and on-demand content, including us!

Check out all of the classes we have to offer in our virtual classroom. Best of all, you can access these classes at the time that's best for you and your schedule.

### Change Your Workout Times

Are you accustomed to that mid-afternoon workout just after lunch?

It can be hard to break a habit, especially if it's a good one! If you love exercising outside, consider changing your workout schedule (just for now).

Get outside early in the morning or try an evening workout for a change. This is when the weather is more tolerable and your risk for dehydration and heat-related illness shrinks considerably.

## Go for a Swim

Let's say you can't or don't want to move around your workout time and you don't want to go back to a commercial gym. Then what?

I'll work with you on this one by suggesting a swim.

Find an outside pool that allows you to get the workout you need. For example, if you prefer long laps, look for an Olympic-sized pool.

Most outside pools provide shade, allowing you to get in your workout while enjoying the outdoors and not worrying about too much sun exposure.

## Mini Desk Workouts

If you're someone who wants to start exercising during the day, but you're stuck inside at a desk, why not perform mini desk workouts?

Every hour, perform 10 to 20 repetitions of a different exercise while you're at your desk.

Here's a sample desk workout:

- Hour One: Perform 15 desk push-ups
- Hour Two: 20 calf raises
- Hour Three: 15 triceps dips
- Hour Four: 20 Russian twists
- Hour Five: 20 bodyweight squats

## If You Do Exercise Outside...

Let's say that the sun is calling your name and you can't help but get out and about.

If you are going outside to exercise, there are a few things to remember:

First, remember to hydrate with electrolyte-based drinks. It's not enough to sip tap water all day. Consume a sports drink or beverage that contains sodium, potassium, magnesium, and other common electrolytes.

Next, be sure to take breaks in the shade. Keep your ego in check and don't worry about making race pace or losing out on workout intensity.

Be sure to fuel up every 30 to 60 minutes with something that's cold and contains simple carbohydrates for energy like a smoothie or chilled fruit.

### Listen To Your Body

Above all, listen to your body and know the signs of dehydration and heat exhaustion. If you start to feel any of the following symptoms, stop exercising and be sure to consume an electrolyte-based drink:

- Thirst
- Dark yellow / strong-smelling urine
- Dizziness
- Lightheadedness
- Fatigue
- Dry mouth / lips

If you feel any of the following symptoms, you might have heat exhaustion:

- Heavy sweating
- Dizziness
- Fatigue
- Weak and rapid pulse
- Low blood pressure upon standing (usually followed by dizziness)
- Muscle cramping
- Nausea
- Headache

Immediately stop exercising and get into an air-conditioned building right away. Consume an electrolyte-based drink until these symptoms subside.

### Enjoy the Weather (But Be Safe)

When it comes to summertime fitness, you really can have your figurative cake and eat it too.

You CAN go outside and exercise but try to do so when the sun isn't at its strongest, which is usually midday.

If your city is experiencing a heat wave, exercise from the comfort of your home with one of our virtual classes that's available whenever you're ready to do it.