Outdoor Fitness Tips

1. Hydrate appropriately- waiting until you feel thirsty means you are already dehydrated. Focus on drinking water consistently throughout the day, especially when outdoors in the heat humidity.

2. Dress to protect: wearing dry wicking clothing is better than cotton at keeping you cooler in the summer heat, and polyester fabrics are shown to block UV rays better than other materials.

3. Protect your eyes: UV rays not only damage your skin, but can create damage to your eyes as well. Purchasing sunglasses that provide both UVA and UVB protection are most desired.

4. Take it slow: you are not able to maintain the same level of intensity at higher temperatures and humidity levels. Your body is an amazing thing, but it can take 1-2 weeks to get acclimatized to the temperature changes, so taking it slow the first few weeks of summer training is important.

5. Be on the look out for allergy symptoms: Allergies, if left untreated, can lead to asthma and other breathing problems. Checking pollen reports before working out outdoors, and getting an effective allergy medication can help combat the symptoms.

6. Protect your skin from the sun: making sure to cover your skin in a water/sweat proof high SPF sunscreen can help prevent some of the sun damage caused by both UVA and UVB rays.