

Summer Workout Reminders

Stay Hydrated	Make sure you are drinking water when you are outdoors and after workouts. Also make sure you are replacing electrolytes.
Stretch	Before and after workouts you need to take 5 minutes to stretch your upper and lower body no matter what type of workout you are doing.
Recognize Heat Stress	If you begin to feel dizzy and develop vision problems (blurriness), it is important that you cool down and hydrate. If at any time your skin feels cold and clammy or you stop sweating, you may be in heat distress and need to cool down immediately with cold towels and air conditioning, if possible.
Cramps	To avoid cramping due to heat or over-working, it is important to stretch, hydrate, replace electrolytes, and have a proper cool down.
Clothing	Make sure you are wearing clothes that help to absorb sweat and promote cooling of the body. Also wear proper footwear (tennis shoes) to avoid injury.
Minor Athletic Injuries	Any time you feel sore or injure yourself, make sure you use ice for the first 48 hours and take over-the-counter Tylenol, Advil, or Aleve.