

Exercising in the summer

In summer we need to take a few special precautions before exercising. If you don't normally exercise, then start out slow: walk, climb stairs, do some gardening or housework, or work on a DIY project, get off a few stops earlier if you are taking public transportation, etc.

Heat - Hydration

It is best to work out when the sun is low, in the morning before 1 p.m. or after 5 p.m. in the evening.

The temperature should be below 25° C. Wear a hat and sunglasses, and use sunscreen.

Try to exercise in the shade.

Avoid exposure to environmental pollution.



Eating

Wait 3 hours to fully digest before working out.

Drinking

Drink a glass of water every 20 or 30 minutes during exercise. Afterwards, drink 1 liter of some isotonic drink.



Clothing, footwear and gear

Wear loose, lightweight, light-colored clothing with few seams and made of natural materials to facilitate evaporation of sweat. Wear a hat. Your shoes should have sturdy non-slip tread soles with cushioning to absorb shocks, reinforced heels and ankle stability.

Warming up and cooling down

Do some easy warming up and stretching beforehand. Go at your own pace. Once you've finished, wind down by doing some relaxation and stretching exercises.



Common summertime activities

Cycling

Make sure your bicycle's brakes and lights are in proper working order. Wear a helmet and keep your back straight. Cycle in safe places. Look out for other vehicles and pedestrians. Avoid getting cold after sweating.

Swimming

You need to know how to swim. Enter the water slowly. Don't dive headfirst into the sea. Use sunscreen. Wear earplugs if you have problems with your ears. Flip-flops help to prevent fungal foot infections. Pay attention to your body's signals.

Hiking

This is an exercise anyone can do. Just be sure you wear shoes that are wide, comfortable and flexible. Be aware of your physical limits and of the risks associated with mountain hiking. It is best to always be accompanied, well equipped and prepared so as to avoid accidents.

