

3 Strategies for Summer Exercise

1. Note the Heat

If you can, time your workouts for early mornings or late evenings, when the weather isn't quite so scorching. If that's not an option for you, consider where you'll be exercising. Find running routes on shaded paths, hikes near streams or rivers, etc.



2. Hydrate

"Drinking enough fluids is one of the most important things you can do to prevent heat illness," according to the CDC. When you're working out in the heat, it's key to drink enough water before, during, and after exercise.



3. Wear Sunscreen

Before you go outside, cover any exposed skin with sunscreen that has an SPF of 15 or higher, and which blocks UVA and UVB light. There's no need to increase your risk of skin cancer while you're improving your health.

