

SUMMER 2015



**Be safe,
not sorry.**

Every individual's susceptibility to heat is different—use common sense and listen to your body's warning signs of stress.

Check with your doctor before embarking on any new exercise program.

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Exercising Safely in the Heat

After the frigid winter, we welcome the warmer weather and better exercise conditions. It is important, however, to take precautions to prevent heat-related illness especially when outdoors. According to the Centers for Disease Control and Prevention, heat stroke kills approximately 300 people each year.



Why is it dangerous?

Exercising in the heat places additional stress on your body and your temperature can increase as a result. Normally, your body is able to counteract this effect and cool itself by circulating more blood through the skin. **However, when it is hot, it is harder for your body to cool itself. As a result, heat-related illnesses can occur. Warning symptoms include muscle cramps, fainting or feeling lightheaded, nausea, vomiting, headache, weakness, and cold, clammy skin.**

Which exercises are best during summer?

Try activities like power walking, biking, swimming or gardening

Heat Safety Tips

Regardless of the activity you are involved in, whether it is walking, running, biking or playing beach volleyball—keep in mind the following tips:

- Check with your pharmacist or doctor to see if any of your prescription or over-the-counter medications interfere with sweating
- Stay hydrated—water and sports drinks are recommended
- Wear light colors and breathable clothing to allow sweat to evaporate
- Don't forget your hat, sunscreen and sunglasses
- Map out shady rest spots along your exercise route
- Pick cooler hours to exercise—either in the early mornings or late afternoon
- While performing moderate or intense activities, monitor your heart rate and stay within the ranges recommended by your physical therapist or health care provider

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