



Harbor Physical Therapy Summer Newsletter



How To Exercise Safely in Hot Weather

It is important to be aware of hot weather safety while staying active outdoors. Listed below are some precautions you should take before exercising outdoors this summer.

Stay Hydrated - The increased summer temperatures will lead to increased fluid loss through sweating. It is important to drink water throughout the day and increase fluid intake when exercising to replenish the body's supply.

Dress Appropriately - Wear light-weight, light colored clothing to reflect heat and aide in the evaporation of sweat.

Take Your Time - As your body adjusts to the heat with more frequent workouts, gradually increase the length and intensity of your exercise routine.

Watch the Temperature and Time of Day - Exercise in the morning or evening, when the temperature is cooler. If there is a heat advisory or the temperature feels too hot to exercise comfortably, consider taking your workout routine indoors.

Water or Sports Drinks to Rehydrate?

Water exits your body when you exercise so to prevent from dehydrating, you must drink. The question is do you grab water or a sports drink?

Water should always be your first drink of choice. Then, it depends on the exercise you are doing.

If you are participating in high intensity workouts lasting more than 45 minutes or endurance training, then you would benefit from a sports drink to replenish your electrolytes in your body. Make sure the sport drink you chose has electrolytes.

Exercise Options on the Beach

Beach days can also be exercise days! Check out this list of fun exercise ideas you can do on the beach.

1. Walking or Running on the beach.
2. Beach Yoga- you already have a towel so turn on a video or virtual class!
3. Beach Volleyball
4. Weight bearing exercises- bear crawls, walking lunges, crab walk, skaters, squats to name a few!

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