SOME DO'S AND DON'TS FOR EXERCISING IN THE HEAT

vitaMin

Vital health information in a minute!

Stay hydrated

Most people lose up to 64 ounces of fluid during one hour of exercise and athletes can lose as much as three quarts. Drink extra water before, during and after exercise, and drink every 15-20 minutes while you're exercising.

To stay better hydrated, drink fluids with food throughout the day.

Wear the right gear

Lightweight, light colored fabrics that wick away sweat are best for exercising in the heat. Remember sunscreen, a well-ventilated hat with a brim and some lightweight sunglasses.

Exercise early or late

In the summer months, the best time to exercise is before 7 a.m. or after 6 p.m. If it's really hot and humid, exercise indoors.

Use common sense

Don't choose a hot summer day to try your hand at a new sport. You don't know what to expect or how your body will take to the activity.

CIGNA®

"CIGNA" is a registered service mark of CIGNA Intellectual Property, Inc., licensed for use by CIGNA Corporation and its operating subsidiaries. All products and services are provided exclusively by such operating subsidiaries and not by CIGNA Corporation. Such operating subsidiaries include International Rehabilitation Associates, Inc. (Intracorp), CIGNA Behavioral Health, Inc. and vielife Limited. All models are used for illustrative purposes only. 838864 07/11 © 2011 CIGNA. Some content provided under license.