



David Fairlamb THE FIT FACTOR

LIFE CHANGER

Make a habit of taking a pint of water to bed, if you do not drink it through the night, consume it first thing in the morning. This will help get your daily fluid intake off to the best possible start.



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ALL over Europe, summer temperatures are reaching new highs. Many feel it is too dangerous to exercise in the heat, however, it's more about preparation and how you handle it. As long as you plan your training regime properly, there is nothing stopping you from enjoying this summer's weather.

Time of day

Probably the most important advice is to choose the right time of day to exercise. Be smart by either heading out early in the morning or late at night when temperatures are at their lowest.

Where to exercise

Try to choose more shaded places such as trail walks/runs or cooler areas such as the coast. Be aware in cities – temperatures rise even more.

Keep your head cool

Wear a cap as your head is the most important body part to keep cool. A good tip is to soak it with cold water. This will help keep you fresh – a hot head can make you tired.

Drink, drink, drink

It is hugely important to get your fluids. Over the last two months, many clients have suffered through lack of water. Around two litres a day is a good start-

ing point on a normal day, taking into account the heat we have been experiencing plus if you have exercised as well, you will need to drink significantly more.

Add extra salt to food and drinks

Normally we are told to use less salt in our food, but during hot days, and especially if you exercise regularly and for long periods, you could add a small amount of salt to your food. You can even add normal salt to your water bottle, for an extra boost.

Salt is really important as sodium (found in salt) binds to water in the body and helps maintain the balance of fluids.

If you sweat at night, drink more in the morning

If it's hot during the night and if you tend to sweat in bed, you may start your day needing water.

Try taking a pint to bed and if you haven't drunk it through the night, consume it first thing in the morning.

Avoid caffeine during training sessions

If you are going for a long training session in the heat, avoid caffeine beforehand as it can make you go to the loo more often, hence losing fluid from

your body.

In hot weather your body needs to retain fluids, not get rid of it.

Remember that you sweat when swimming

When temperatures on land are high, it is tempting to cool off with a swim rather than a run or cycle. It is important to remember, however, that you sweat even in the water (although you don't feel it), so it's equally important to keep hydrating when swimming as well.

The good news is that working out in intense weather not only pushes your body to work harder to cool down, it also burns more calories in the process. Your heart works harder in hotter temperatures than it would in cooler temperatures, providing an increased calorie and fat burn.

While working out in a heatwave can burn more calories, the chances are the heat will also cut your gym session short.

Ideally, moderately warm is the best temperature for burning calories because your body is working hard to keep you cool, while the weather itself means you can exercise for longer.

FITNESS TIP

Training in the heat is fine as long as you are prepared before, during and after. Think where and when you are going to train and make sure you are on the ball with your fluid intake both during and post training.

