



## David Fairlamb

# THE FIT FACTOR

### LIFESTYLE CHANGE

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.

### 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.

Don't miss David's tips every Saturday in your Journal

**U**K temperatures have reached new highs and in places it's been the hottest summer on record.

Many feel it is to 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:

#### When in the day should you exercise?

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 areas places such as trail walks/runs or cooler areas such as the coast, if it's possible. 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 as this will help keep you fresh - otherwise a hot head can make you tired.

#### Choose breathable fabrics

Opt for breathable, lightweight, and light-coloured workout attire that allows sweat to evaporate, so that you can cool down effectively. Not only will these types of materials help you stay cooler during your workout, but they can also help avoid skin irritation and heat rashes.

#### Drink, Drink, Drink

It is hugely important to get your fluids. Over the last few weeks many clients have suffered through lack of water. Around two litres a day is a good starting point on a normal day. If you then take in to account the

heat we have been experiencing and fluid lost through exercise, 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, I would avoid



> These runners in Bristol took part in the Sunrise City 5K in May. You might want to take a leaf out of their book on hot days - though their start time of 5.30am may be a little too early for most!

caffeine beforehand as it can make you go to the toilet more often, and therefore lose more fluid from your body. In hot weather it's important your body retains fluids.

#### 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.

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.

Following these tips could mean that you can keep your regular fitness schedule going even when temperatures soar - the heatwave doesn't have to stop you in your tracks. But you might need to take it slower, and you will definitely need to stop for more water breaks.

*Being healthy and fit isn't a fad or a trend - it's a lifestyle*

**Motivational quote of the day**