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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 and help your energy levels.

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 aware of your fluid intake both during and post training.

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WITH temperatures up in the UK over the last few weeks it's important to look after yourself if you are training outside.

Some people 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 the summer 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 such as trail walks/runs or cooler areas such as the coast if possible. Be aware that temperatures in cities rise even more.

Keep your head cool

Wear a cap as your head is the

most important body part to keep cool. Soaking it with cold water will help keep you fresh.

Choose sweat wicking, breathable fabrics

Opt for breathable, lightweight, and light-coloured workout attire which allows sweat to evaporate, helping you 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. Around two litres a day is a good starting point on a normal day. If you then take into account training in the heat and fluid lost through exercise, you will need to drink significantly more.

Look to have a water bottle with you during the day and taking regular sips will mean you soon add up to two litres, even before you train.

If you tend to sweat in bed due to the heat, try taking a pint of water to bed and if you haven't drunk it

through the night, consume it first thing in the morning.

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 could even add a small amount of salt to your water bottle, for that extra boost.

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

Avoid caffeine during training sessions

If you are going for a long training session in the heat, I would avoid caffeine beforehand as it can make you go to the toilet more often, therefore more fluid is lost 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



► **Keep hydrated in the heat and seek out more shaded places to exercise outdoors**

swim rather than a run or cycle. It is important to remember that you also sweat in the water (although you don't feel it) so it's equally important to keep hydrated when swimming as well.

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 safety tips

could mean that you can keep your regular fitness schedule going even when temperatures soar – the heat doesn't have to stop you in your tracks completely.

Although you might need to take it slower, and you will definitely need to stop for more water breaks training in the beautiful North East outdoors is a fantastic way to keep healthy and also give you a real positive mental boost as well.