



## David Fairlamb

# THE FIT FACTOR

### LIFESTYLE CHANGE

Develop a habit of keeping a water bottle by your bed. If you don't drink it during the night, consume it first thing in the morning to start your day with proper hydration and increased energy levels.

### FITNESS TIP

Preparation is key when training in the heat. Plan your workouts, choose appropriate locations, and stay mindful of your fluid intake during and after exercise.

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

**W**ITH the UK experiencing high temperatures in recent weeks, it is essential to take care of yourself when exercising or just walking outdoors.

While some may perceive exercising in the heat as dangerous, it is more about preparation and how you handle it.

By properly planning your outdoor training, you can still enjoy the summer weather while keeping yourself safe.

Here are some of my tips:

#### Choose the right time

Aim for early mornings or late evenings when temperatures are cooler for your workouts. Select suitable locations: Whenever possible, choose shaded areas such as trails or the cooler coast.

#### Location

Keep in mind that urban areas tend to be hotter. Keep your head cool: Wear a cap or hat to protect your head from the sun. Try wetting it with cold water to stay refreshed.

#### Wear breathable fabrics

Lightweight, breathable, and lightly coloured workout clothing allows sweat to evaporate, helping to keep you cool. This will also prevent skin irritation and heat rashes.

#### Proper hydration is crucial

Aim for around two litres of fluids on a regular day, but increase your intake when exercising in the heat. Carry a water bottle with you throughout the day so you can monitor how much you have drunk.

#### Consider adding salt

In hot weather and during prolonged exercise, adding a small amount of salt to your food can help maintain fluid balance in the body. You can also add a pinch of salt to your water bottle.

#### Drink more in the morning if you sweat at night

If you sweat during the night due to the heat, have a pint of water by your bed and drink it first thing in the morning.

#### Limit caffeine intake

Avoid consuming caffeine before

long training sessions in the heat, as it can increase urination and fluid loss.

#### Stay hydrated while swimming

Remember that you still sweat in the water, even if you don't feel it. Stay hydrated by drinking water while swimming.

#### Optimal temperature for burning calories

Moderately warm weather is ideal for calorie burning, as your body works harder to stay cool. Take advantage of this weather to exercise for a longer duration.

Listen to your body Pay close attention to any signs of heat-related illness such as dizziness, nausea, fatigue, or excessive sweating.

If you experience any of these symptoms, immediately stop exercising, find shade, and hydrate.

#### Protect your skin

Besides wearing breathable clothing, don't forget to apply sunscreen with a high SPF to shield your skin from harmful UV rays.

Post-workout recovery After exer-



cising in the heat, prioritise proper recovery by rehydrating with electrolyte-rich fluids, consuming nutritious meals, and allowing your body ample rest.

While you may need to take it slower and have more water breaks, exercising outdoors in the beautiful North East can be a great way to stay healthy and boost your well-being.