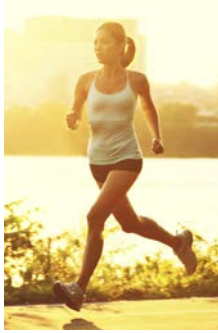


SUMMER 2015



**Be safe,  
not sorry.**

Every individual's susceptibility to heat is different—use common sense and listen to your body's warning signs of stress.

**Check with your doctor before embarking on any new exercise program.**

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## Exercising Safely in the Heat

After the frigid winter, we welcome the warmer weather and better exercise conditions. It is important, however, to take precautions to prevent heat-related illness especially when outdoors. According to the Centers for Disease Control and Prevention, heat stroke kills approximately 300 people each year.



### Why is it dangerous?

Exercising in the heat places additional stress on your body and your temperature can increase as a result. Normally, your body is able to counteract this effect and cool itself by circulating more blood through the skin. **However, when it is hot, it is harder for your body to cool itself. As a result, heat-related illnesses can occur. Warning symptoms include muscle cramps, fainting or feeling lightheaded, nausea, vomiting, headache, weakness, and cold, clammy skin.**

### Which exercises are best during summer?

Try activities like power walking, biking, swimming or gardening

### Heat Safety Tips

**Regardless of the activity you are involved in, whether it is walking, running, biking or playing beach volleyball—keep in mind the following tips:**

- Check with your pharmacist or doctor to see if any of your prescription or over-the-counter medications interfere with sweating
- Stay hydrated—water and sports drinks are recommended
- Wear light colors and breathable clothing to allow sweat to evaporate
- Don't forget your hat, sunscreen and sunglasses
- Map out shady rest spots along your exercise route
- Pick cooler hours to exercise—either in the early mornings or late afternoon
- While performing moderate or intense activities, monitor your heart rate and stay within the ranges recommended by your physical therapist or health care provider

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