

Exercising in Hot or Cold Weather



THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER

Very hot or very cold temperatures can put extra stress on your body when you exercise outside. **If the temperatures are too hot or too cold, exercise inside to be safe.**

If you want to exercise outside, be cautious and follow these tips.

On hot, humid days

- Exercise during cooler parts of the day, such as early morning or early evening after the sun has gone down.
- Exercise less than normal for a week until you become adapted to the heat.
- Drink lots of fluids, particularly water. You do not need extra salt because you get enough salt in your diet.
- Watch out for signs of heat stroke, such as feeling dizzy, weak, lightheaded, and/or very tired. You may notice you stop sweating or your body temperature gets very high.
- Wear light, loose-fitting clothes.
- Avoid sweatshirts or sweat pants. Such clothing will not help you lose weight any faster by making you sweat more. The weight you lose in fluids by sweating will be quickly replaced as soon as you begin drinking fluids. This type of clothing can also cause dangerously high body temperature, possibly resulting in heat stroke.



On cold days

- Wear one layer less of clothing than you would wear if you were outside but not exercising. It is also better to wear several layers of clothing rather than one heavy layer. That way, if you start to get too warm, you can take off a layer.
- Use mittens, gloves, or cotton socks to protect your hands.
- Wear a hat since up to 40% of your body's heat is lost through your neck and head.
- Cover your nose and mouth with a breathable scarf to warm the air you breathe in before it enters your lungs.
- On rainy, icy, or snowy days, be aware of reduced visibility for yourself and for drivers, and reduced traction on paths or sidewalks.

