



SUMMERTIME



Exercising in Summer Heat

Summer is the perfect time to go outside and have fun. But the summer heat can be a problem if you're not careful.

When you sweat, your body loses not only water, but electrolytes and salt, too. This delicate balance of water and electrolytes is crucial to keep your body functioning properly. If you don't drink enough water, you can get dehydrated and suffer from light-headedness and nausea. If not recognized, dehydration can even result in kidney failure and or, in extreme cases, death. However, if you drink too much water without replenishing your electrolytes, you can experience hyponatremia. This can lead to confusion, nausea, muscle cramps, seizures or even death in extreme cases.



You may not be racing in the desert, but there are some things to keep in mind when it comes to exercising in the heat:

- The time of day is important. Unless you are training for an event that takes place in the daytime heat, avoid exercising from 10 a.m. to 3 p.m. It's the hottest part of day. Generally, the early morning is the best time to workout, especially if it's going to be a scorcher that day.
- Wear loose, light-colored clothing. The lighter color will help reflect heat, and cotton material will help the evaporation of sweat. You may also want to try specially designed, "hi-tech" running shirts and shorts. They are often made from material meant to keep you cool.
- Sunscreen is a must. Use SPF 45 just to be safe. It's important to protect your skin. You can get burned and suffer sun damage to your skin even on cloudy days.
- Stay hydrated. Before you go out, drink a glass or two of water. Carry a bottle of water and take a drink every 15 minutes, even when you're not thirsty. When you're done with your workout, have a few more glasses of water.
- Replenish your electrolyte and salt intake while exercising. One option is to use SUCCEED capsules--small, simple packs of sodium and electrolytes.
- If you can, choose shaded trails or pathways that keep you out of the sun.

8 Tips for Exercising in Summer Heat. Retrieved from <https://www.active.com/fitness/articles/8-tips-for-exercising-in-summer-heat>



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See calendar on other side to see what is going on this week

Fun Summer Activities That Burn 50 Calories

The arrival of summer sparks our romance with the outdoors. This season seems to motivate us to play, explore and move in ways winter simply cannot.

Below is a list of fun, summery ways to burn around 50 calories (based on a 150-pound person).

Go For A Bike Ride: Seven minutes can burn 50 calories.

Have A Dance Party: 11 minutes adds up to 56 calories.

Do Yoga: 17 minutes of light yoga to burn 50 calories.

Fire Up The Grill: 19 minutes of barbecuing can burn 50 calories.

Wash Your Car: 15 minutes of scrubbing burns 54 calories.

Play Mini Golf: Putting on a miniature course for 15 minutes can burn 54 calories.

Tread Water: Tally up 12 minutes, and you'll shed 54 calories!

Climb A Rock: Just four minutes of rock climbing can shed 50 calories.

Go For A Stroll After Dinner: A 12-minute stroll could help you burn 55 calories!

Grab The Fishing Rods: 15 minutes of watching your line can burn 51 calories.

Go Jet Skiing: In seven minutes, burn 56 calories!

50 Fun Summer Activities That Burn 50 Calories. Retrieved from https://www.huffpost.com/entry/summer-activities-burn-50-calories_n_3530330

A Personal Message From Your Health Promotion Health Myth Busting Team



Dear Health Myth Busters,

My lifestyle has always been focused on staying active, and I include gym time into my weekly routine. However, during the summer, I prefer to be outside and find that I fall out of my regular gym schedule. I'm looking for ideas on how to incorporate outdoor activities into my summertime routine. Furthermore, I don't have any medical conditions, so I don't have anything to worry about while exercising outside in the summer heat, correct?

Sincerely,
Dedicated in the Summertime

Dear Dedicated in the Summertime,

While those with certain medical conditions such as Sick Cell Trait are at increased risk, EVERYONE is susceptible to heat exhaustion/stroke, especially in hot weather. Extreme conditions can reveal 'hidden' medical concerns such as cardiac arrhythmias. Remember to adhere to typical heat precautions while exercising outdoors, i.e. stay hydrated, wear proper protective/outdoor gear, use sunscreen and listen to your body. Be sure to see your health care provider if you're having increased pain, unusual muscle cramping and/or fatigue with exercise.

To best incorporate summertime activities into your routine, my recommendation is to begin by recording the total caloric expenditure you burn doing different fun activities outside and inside. Most smart phones will calculate calories burned and/or steps taken, or you can get a wearable tracker tool, i.e. Fitbit. Be sure to record your activities so that you know and follow your daily caloric expenditure goals and are able to monitor your weekly trends.

You can fully integrate your activity level by including a nutrition App or food tracking tools to record your daily caloric intake. If you do repetitive outdoor activities like swimming, hiking, and/or walking, you can build the caloric expenditure into your activity App or tracker tool so that it automatically records those same activities/outcome data on subsequent outings. When you have a good handle on your outdoor activities and incorporate it into your gym time, your results will be evident.

Have fun in the sun, track away, and take necessary precautions!

Sincerely,
Health Myth Busters

NOTE: Blood conditions, like Sick Cell Trait, are inherited and not contagious, but can limit an airman's physical activities. When airmen with Sick Cell Trait do not have the actual disease, they can participate in readiness training and physical activities, but do need to take certain precautions.

Got questions on other health issues related to sleep health, physical activity, tobacco, or nutrition? Share them with us and we will help you "Bust The Myths!" Send your questions to usaf.jbsa.afmsa.mbx.hpo@mail.mil. Make sure to include in the subject line "Health Myth Buster." For more online health tips visit the Air Force Health Promotion webpage <https://www.airforcemedicine.af.mil/Resources/Health-Promotion/>

Community Events

HERE'S WHAT'S GOING ON WHERE YOU LIVE
PETERSON AFB

Your Local Health Promotion Office



Contact: Peterson AFB Health Promotion
Phone: 719-556-9642

Monday	Tuesday	Wednesday	Thursday	Friday
12 Aug	13 Aug	14 Aug	15 Aug	16 Aug
	Bod Pods 1530-1615	Diabetes Class 0800-1030 Bod Pods 1530-1615	Bod Pods 1530-1615	