

## **Staying Active When It's Too Hot Outdoors**

The dog days of summer are certainly upon us, but that doesn't mean that you have to put exercise and an active lifestyle on the back burner just because it's too hot outside. There are many ways to get around those hot summer days and maintain a healthy, active lifestyle. With a little planning and creativity, you can achieve your summer fitness goals.



### **Beat the Heat**

Set your alarm for an early morning walk before the heat sweeps in for the day. Often, the early hours of the day are the coolest. Not an early riser? Wait until sunset for a relaxing evening stroll, in a safe, well-lit area.

### **Drink Up**

Stay hydrated and prevent heat exhaustion or heat stroke. [The National Institute on Aging](#) recommends that older adults consume at least six glasses of water daily and even more if they are in situations where the weather is very hot. Water is the best source of hydration, but other sources include fruit and vegetables, summer soups, and frozen fruit popsicles. Keep a bottle of water nearby at all times to encourage healthy hydration.

### **Make a Splash**

Summer is a great season to dip your toes in the water. Sign up for an aquatics class or head to the pool to swim a few laps. Water exercise is gentler on the joints, allows for greater mobility and flexibility of joints, and can lead to increased muscle strength, endurance, and balance.

### **Move Indoors**

Take a break from the heat by exercising indoors. There are a variety of ways to move your exercise routine inside. Join a local gym and connect with other older adults at a senior fitness class. Check out exercise videos from your local library. Head to the indoor mall and do a few laps in the comfort of air conditioning.

### **Choose Lightweight Clothing**

Before heading outdoors, take a closer look at your outfit of choice. Darker colors and heavier fabrics absorb heat from the sun and can leave you feeling as if you are wrapped in a blanket. Lighter colors and lightweight clothing are more suited for hotter weather. Keep your clothes loose and light, allowing air to circulate over your skin. Be sure to grab a hat as well, to add some shade to your body.

### **Ease Up**

Finally, know when it's time to slow down. Take a break from brisk walking or strenuous resistance training and try yoga or tai chi. On extremely hot days, give yourself a break from your normal exercise routine and pick it up again the next day. Remember that it's ok to take it easy and listen to your body.

Visiting Angels is here to lend a hand on those hot, summer days. Whether you need an encouraging companion to assist you on your summer walks or are looking for more assistance at home, we are here to help you stay independent at home. [Give us a call](#) to set up a consultation so that we can learn more about your needs.

Visiting Angels of Denver and Boulder, CO

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