

# Safety Tip of the Week

## Exercising in HOT Weather

# AFRH

Safety Office reminds you that in the month of August, excessive heat is not in short supply. Here are some tips to keep you going in the heat.

### Safety Tips

Many people enjoy warm-weather outdoor activities like walking, gardening, or playing tennis. Make sure to play it safe in hot weather. Too much heat can be risky for older adults and people with health problems. Being hot for too long can cause [hyperthermia](#)—a heat-related illness that includes heat stroke and heat exhaustion.



If you want to be active when it's hot outside:

- Check the weather forecast. If it's very hot or humid, exercise inside with [videos online](#), or walk in an air-conditioned building like a shopping mall.
- [Drink plenty of liquids](#). Water and fruit juices are good options. Avoid caffeine and alcohol. If your doctor has told you to limit liquids, ask what to do when it is very hot outside.
- [Wear light-colored, loose-fitting clothes](#) in natural fabrics.
- Dress in layers so you can remove clothing as your body warms up from activity.
- [Know the signs of heat-related illnesses](#) and get medical help right away if you think someone has one.



Exercising in Safety Hot Weather video by National Institute On Aging: [https://www.youtube.com/watch?v=uEfp75uU\\_rI](https://www.youtube.com/watch?v=uEfp75uU_rI)