



Summer Workouts

Essential Tips for Staying Safe and Enjoying Your Exercise Routine

Taking your workout routine outdoors is a great way to enjoy the summer and stay on track with your fitness goals, but it's essential to be mindful of the toll the summer sun and heat can take on your body.

Wear light-coloured, moisture-wicking fabrics

- Light colours reflect the sun, and moisture-wicking fabrics actually pull sweat away from your skin, keeping you dry and more comfortable.

Split up your workouts

- Break your longer workouts into shorter increments throughout the day, so you're not spending long periods in excessive heat.

Timing is everything

- The sun's rays are strongest between 10 a.m. and 3 p.m., so it's best to schedule outdoor exercise before or after these peak hours.

Don't discount the benefits of AC

- When it's hot and humid outside, staying cool by exercising indoors—whether at home or in an air-conditioned gym—can help you stay safe and refreshed.

Drink the right amount of water

- Drink at least 2L of water throughout the day. A general rule is to drink 500ml of water per hour of exercise. But don't stop there – continue to consume the same amount per hour for a few hours after you've exercised.

Try a water workout

- Take up a water sport like swimming, paddle boarding or surfing to help you stay cool.

Know your limits

- Listen to your body. If you feel faint, lightheaded, dizzy or nauseous, get out of the heat and give yourself a break. Heat stroke can occur in high temperatures, and physical exertion can make you even more susceptible.

If you are experiencing one or more of these symptoms, get out of the heat and drink lots of water.

If symptoms persist or worsen, seek medical attention immediately.

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