



July 30, 2015 – Grand Rapids, MI

## Exercise and the Heat

How do you know if you should exercise outdoors during the day in the heat and humidity we're having this summer? I'll make it simple for you: don't.

Unless you can exercise in the morning before the sun rises, stay indoors. When I ran in Austin this past weekend, it was before the sun came up and the day was overcast to begin. It was in the 70s but not hot.

Our cooling mechanism is the problem when exercising in the high heat and humidity. If the outside temperature, combined with the humidity, is too high, your body can't dissipate the heat from your core and your muscles. That puts a strain on your cardiovascular system. Your core temperature rises and given enough time, it can lead to heat exhaustion. It isn't a matter of drinking more fluids; you can't get rid of the sweat you're making. Even highly trained athletes can get into trouble exercising in the heat.



That's why I recommend you get up early to exercise or go to an air conditioned fitness center. If nothing else, put in an exercise DVD or do the [Spartan Workout](#) in the [Health Info](#) section of my website. I'll finish this up by giving you an alternative if you have to go outside in the morning heat.

What are you prepared to do today?

**Dr. Chet**

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