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How to Exercise in the Heat

When the temperature rises, with or without humidity, and you have to get that workout done outdoors, the solution is high-intensity interval training, but only if you've been cleared by your physician and cardiologist for intense exercise. Walking, running, swimming, or biking, intervals can help you get an intense workout in a short time. That's the approach I used in Austin, and you can, too.

The location where I stayed in Austin was on a very hilly road—more mountain than hill. I have nothing like that kind of hill anywhere near my neighborhood. The approach was simple. Walk to the bottom of the hill, turn around, and take off uphill about as fast as I could for 60 seconds. Then take about two minutes to walk down. In 30 minutes, I did 12 intervals—12 minutes of just about the most intense exercise I've done in a long time. As I write this a few days later, I'm still sore from it.

Whether you choose to do hills, laps in a pool, or intervals around a track, 30 to 60 seconds of intense effort with 2 to 3 minutes of easy movement is the right approach when it's hot and humid. I still prefer morning, but you could use this approach in the evening after the day starts to cool down. Just make sure you drink those fluids before and after for at least an hour.



What are you prepared to do today?

Dr. Chet

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