

**BEAT THE HEAT**

During summer months, the consequences of overdoing it can be serious. That's why we checked in with our Texas-based Spinning Master Instructor, Nicole St. Jacques, who knows a thing or two about exercising in hot (and humid) weather. Following are her tips to enjoy your August workouts and beat the summertime heat:

**Avoid exercising during peak hours (11:00 am – 1:00 pm).**

It might seem like a no-brainer, but you'd be surprised how many people exercise during peak hours when the sun is at its strongest. Working out is taxing enough on the body—take extra care when you're exercising during excessive heat and humidity. By keeping your body cool and your core temperature low, you'll improve endurance and decrease fatigue.

**Take your workout to a shady location, or exercise during early morning or evening hours.**

Better yet, take your outdoor training indoors to a comfortable, temperature-controlled environment like a Spinning studio!

**Wear technical fabrics and loose fitting, light-colored clothing to stay cool.**

Remember the old adage, evaporation causes cooling? Sweating is your body's way of dissipating heat as core temperature rises. During exercise, you sweat—and in hot summer weather, you sweat even more. In humid conditions, it's even more difficult for sweat to evaporate.

**Your best bet for workout clothing during hot summer weather?**

Technical fabrics made of synthetic fibers wick sweat away from your skin and dry almost immediately, whereas cotton does not. Same goes for loose fitting clothing. Light-colored fabric will help reflect the sun outdoors and does not hold as much heat as dark colored fabric.



**Drink, drink, drink—before, during and after exercise.**

By the time you're thirsty, you're already dehydrated. Consume about a pint (16 oz) of water before starting to exercise and at least 5-8 oz of water for every 20 minutes during exercise. If you frequently get headaches during long rides—and you know who you are—step up your fluid intake. Avoid caffeinated beverages, they're a diuretic and accelerate fluid loss.

If you're exercising for more than an hour, you'll need to replace electrolytes with a hydration drink. Even the smallest degree of dehydration significantly reduces performance and reduces work capacity by as much as 15%. Urine should be pale or clear in color. Please note that certain medications or vitamin supplements may affect the color.

**Listen to your body—wear a heart rate monitor and take it down a notch.**

As temperature and humidity increase, so does heart rate. When it's hot, your heart has to work harder to dissipate heat and bring much-needed oxygen to working muscles. During longer and hotter workouts, decrease exercise intensity or take frequent breaks to cool down and give your heart a rest.

**For more information and helpful tips, visit [www.spinning.com](http://www.spinning.com) or call 800.847.SPIN (7746).**

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