

5 Tips for a safe **Summer Workout**



Pick the right time

Exercise in the morning or evening when temperatures are usually cooler.



Wear the right clothing

Loose, breathable clothing that prevents chafing will help keep your body cool.



Avoid Extreme Temperature Change

Don't go right from the heat to a cold room. Take the time to properly cool down.



Slow Down

Extreme heat is not the time to go for your personal best. Don't push yourself.



Water, Water, Water!

Staying properly hydrated before, during and after your workout is critical to avoiding injury or heat related illness.



Always consult your doctor before exercising if you have health issues that could be complicated by heat exposure.

**Baptist General Convention of Virginia
Health & Wellness Ministry**

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