

## Summer Workout Info

- You must bring at least 24 oz of water or sports drink to your workout.
- You must bring a towel.
- You must hydrate your self with water **ONLY** at least ½ before class.
- You must communicate with your instructor if you feel any abilities start to weaken.

Hey everyone welcome to Boot Camp. Here is some info to help you prevent Heat Illness.

### Preventing Heat Illness

- Know that once you are thirsty you are already dehydrated.
- Try to train closer to sunrise or sunset.
- Wear light, loose clothing, such as cotton, so sweat can evaporate. Better yet, invest in some clothes that wick, like Cool-Max.
- Use a sunscreen to prevent sunburn, which can hinder the skin's ability to cool itself.
- Wear a hat that provides shade and allows ventilation. Visors are great.
- Drink plenty of liquids such as, water or sports drink every 15 minutes (drink 16-20 oz/hour).
- If you feel your abilities start to diminish, stop activity and try to cool off.
- **Do not drink alcohol or beverages with caffeine before exercise because they increase the rate of dehydration.**

Remember, it is easier to prevent heat illness than to treat it once symptoms develop.