

How to survive exercising in Queensland heat

We all know that exercising in warm conditions can put stress on our body's systems by increasing our internal temperature.

One way that our body deals with this is to cool us down with sweat.

When the total fluid in our body decreases and is not replaced, we become dehydrated. Our minds and bodies cannot function at their best.

These tips will help you enjoy exercise and maybe even beat your personal best!



Before

Drink 8-10 cups of water per day in the days leading up to the event. On competition morning, sip water gradually to avoid a stitch or extra trips to the bathroom! And check you're hydrated — is your urine a pale-yellow from the night before?

Check where you can access water during your event (e.g. water stations on course). Carry a water bottle during your practice runs.

Acclimatise by training in conditions and during times that you expect to compete. As the weather warms up, your body will start to adapt to a rise in body temperature. Your level of effort will be lower once your body starts to better manage its body temperature.

During

Stay hydrated by planning your fluid intake during the competition, or just sip water along the way, to keep hydrated. Freeze some water in the bottom of your bottle before the race, for a refreshing drink. Remember by the time you feel thirsty, your cells have already started to shrink, and you're probably already dehydrated!

Keep cool by wearing lightweight, pale clothing that reflect the heat and a hat (wide-brimmed is ideal). Apply sunscreen and splash water on your face and head. Stick to shady parts of the event course.

Pace yourself. Listen to your body. Stop or slow down if you feel unwell and drink water. Run at the speed you have trained for, and resist exertion, aim to last the distance.

After

Drink to replace the fluid lost during the race. After the race, you will continue to lose fluid via sweat and urination. For events fewer than 30 minutes, water will be enough! Be mindful of caffeine and alcohol which can have a diuretic effect and lead to further fluid loss.

Aim to intake one and a half times the fluid you may have lost while exercising. Replace electrolytes (salt, sugar, potassium, chloride) lost through sweat. Sports drinks may be useful to do this but may be high in sugar (only consume if necessary).

Eat fruit and vegetables which contain a higher ratio of water.

Celebrate your success. Participating in exercise brings a long list of benefits and being able to have fun as a community is as good as gold!

For resources and delicious recipes to boost your healthy, visit www.hw.qld.gov.au

