

# Healthy Living

## Topic of May Safe Outdoor Exercise

Duke Health and Exercise Research Trials • [Research@duke.edu](mailto:Research@duke.edu) • 919-681-9000



### Adjust your body's thermostat

Slowly introduce your body to exercising in the heat. It takes our bodies 10 to 14 days to adjust to a new climate! You can start exercising during the cooler parts of the day, at a lower intensity than desired, and for shorter durations. Over time, you can increase intensity, duration, and alter the time of day you exercise! It is important to remember to take breaks as well.

### Tips to safely adjust

- ❖ Set your alarm an hour earlier and exercise before the heat. If mornings are not the best time for you, exercise after supper when the sun is setting and cooling off.
- ❖ When exercising outdoors, wear sunscreen! Sunburn limits your body's ability to cool itself. A hat and sunglasses will help too!
- ❖ Wear light colored clothing to help reflect heat.
- ❖ Drink water before you get thirsty; staying hydrated is critical for good health.
- ❖ Check the weather forecast for heat and air advisories. You may need to adjust your schedule depending on the air conditions of the day.
- ❖ Scope out safe, shaded areas to exercise or take breaks.
- ❖ Be open to a plan B: adjust workout mode, intensity, duration, or move the exercise session indoors.

### Always listen to your body

- ❖ Heat cramps- your muscles may feel firm to the touch, be painful, or spasm. Replenish your fluids, stretch, and cool-down.
- ❖ Excessive sweating – If possible, change wet clothing for dry clothes, replenish fluids and eat a light snack.
- ❖ Dizziness, lightheadedness, low blood pressure, weakness, and changes in vision are all signs of heat exhaustion and pushing your body too far. Again, stop exercise, cool-down, replenish fluids and change positions slowly from seated to standing. -MAYO CLINIC

### Skin Health

100 million Americans suffer from skin cancers, diseases, and disorders – AMERICAN SKIN ASSOCIATION

#### Tips for keeping your skin healthy

1. Keep your skin hydrated : with lotions after bathing and being in the sun, as well as consuming water daily
2. Limit your time outdoors between 10 am and 4 pm
3. Attend to wounds immediately, and keep them clean
4. Examine your skin routinely for changes and seek medical attention if changes occur
5. If you smoke, reduce the frequency until you are smoke free!

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Would you like to see a dermatologist? ( a skin doctor)

[Visit Duke Dermatology's Webpage here!](#)

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#### CHALLENGE OF THE MONTH

Try exercising once in the a.m. and once in the p.m. See which you prefer!

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“An early-morning walk is a blessing for the whole day.”  
- Henry David Thoreau

#### Join the Duke Health and Exercise Research Trials Registry!



We are looking for healthy volunteers and individuals with various medical conditions to join a variety of clinical research studies. To learn more, contact our team @ [Research@duke.edu](mailto:Research@duke.edu) or 919-681-9000

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