

JULY WELLNESS

OUTDOOR EXERCISE - IN THE HEAT, DURING TIMES OF COVID-19, AND HIKING TIPS



Here are some resources for outdoor exercise; as this summer, more than ever, you may be taking your routines outdoors.

SYMPTOMS TO BE AWARE OF WHEN EXERCISING IN THE HEAT:

It is important pay attention to any symptoms that may occur, and to know the possible cause. Some symptoms of heat-related illnesses to be aware of include:

* *Muscle pain or spasms*, which could be Heat Cramps.

* *Lightheadedness or fainting*, which could be a sign of Heat Syncope/Exercise-Associated Collapse.

* *Nausea, vomiting, weakness, headache, fainting, sweating and cold, clammy skin*, which could be experienced during Heat Exhaustion.

* *Dry skin due to lack of sweat/or moist skin, confusion, irritability, headache, heart rhythm problems, dizziness, fainting, nausea, vomiting, visual problems or fatigue*, which may develop during Heatstroke - in which case immediate medical attention is needed.

For additional information, and to learn how to stay cool while exercising this summer, click here:

[Heat and Exercise: Keeping Cool in Hot Weather](#)

COVID-19 SAFETY:

The CDC has tips for staying healthy while enjoying the benefits of outdoors exercise at trails, parks and public places, during these times. Some of the recommendations include:

- * Before you go, check with the recreation area you will be visiting to see which services, such as restroom facilities are open for use.
- * Consider if the trails and paths of the area can allow for 6 feet of social distancing.
- * Be sure to wash your hands for at least 20 seconds with soap and water after going to the bathroom, before eating and after blowing your nose, coughing or sneezing.

Click here for additional recommendations from the CDC: [Visiting Parks and Recreational Facilities](#)

HIKING TIPS:

If you are planning on doing some hiking this summer, here is a good article on *ways to stay safe*~ such as knowing your route when out on the trails, and *ways to make hiking interesting and fun*~ such as adding in dips, pushups, and other exercises to make it a total body workout.

Click here for the article: [Hit the Trails With These 7 Pro Hiking Tips](#)

West Suburban Health Group Website: westsuburbanhealth.com

Health Provider Websites: Fallon: fchp.org Harvard Pilgrim: harvardpilgrim.org

Tufts: tuftshealthplan.com Blue Cross Blue Shield: bluecrossma.com