

**NEWS RELEASE**  
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### **Staying Active & Healthy in the Summer Heat**

ELECTRA, TX — Saturday, June 20, was the first official day of summer for 2020, and that means ample sunshine, longer days, and warmer temperatures! When the heat strikes, being active outdoors may become more challenging. Electra Memorial Hospital wants to remind everyone that staying healthy and active is still important despite the summer heat.

Penny Smith, certified personal trainer and wellness coordinator at EMH, has provided some tips for staying active and at your best this summer. Smith received her PT certification from the National Academy of Sports Medicine and said the most important thing to remember while enjoying the summer heat is staying hydrated.

“Consuming 8 to 10 glasses a day is the average recommendation for most people, but half your body weight is ideal,” Smith said. “For example, a person weighing 150 pounds should drink a least 75 ounces a day.”

She said consuming sports drinks such as Gatorade or Powerade is a quick way to rehydrate during long workouts lasting 90 minutes or more due to the electrolytes they contain, but water will keep you cool and hydrated during shorter workouts. Smith also said drinking more water before heading outside this summer will be beneficial to your workout and overall health.

Due to the intense Texas heat, exercising outside can be dangerous this time of year and can quickly cause dehydration, she said. Therefore, she recommends exercising early in the mornings or in the evenings when it is cooler or simply working out indoors.

“If the heat is too much for traditional cardio, try bodyweight exercises, especially ones that alternate between upper and lower body movements,” she said.

Body weight exercises can be done indoors with controlled and cooler temperatures providing a potentially more ideal workout. They also strengthen the body, which increases endurance, accelerates heart rate, and may provide bonus weight loss, Smith said.

Exercising and enjoying time outdoors can be a fun way to spend the summer season, but high temperatures can take a toll on your health. Beat the heat by following the tips above as well as these additional tips from the American Heart Association:

- Dress for success: Lightweight, loose-fitting, and moisture-wicking fabrics are ideal. Wear sunglasses, hats, and sunscreen to protect your skin and eyes.
- Listen to your body: Take breaks when you need them and drink water when thirsty.
- Follow doctor's orders: Ask your healthcare provider before starting any new exercise routine, especially outdoors.
- Buddy up: If possible, workout with a friend for company and safety.
- Enjoy yourself: Above all, have fun!

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