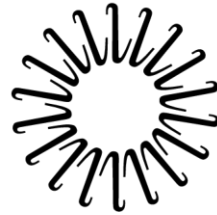


Exercise and Weather



Lifespan Cardiovascular Institute

**Rhode Island Hospital • The Miriam Hospital
Newport Hospital**

Delivering health with care.®

Center For Cardiac Fitness
Cardiac Rehab Program
The Miriam Hospital

Cold/Hot Weather

- Proper Hydration vs. dehydration
 - Dehydration can cause muscle strain, increased heart rate, and increased fatigue
 - While in the cold you may lose more fluid than expected due to breathing in cold dry air.
 - When it is hot you will expend more energy due to increased sweat
 - Dehydration is not always linked to feeling thirsty
 - Recommended to drink WATER before exercise
 - Avoid caffeinated and sugary beverages

Cold Weather

- Proper clothing for the cold
 - Dress in layers
 - Recommendations are a inner layer that draws away the sweat and a second layer for insulation, and finally a outer layer of a waterproof material
 - It is better to take off layers then not have enough

Cold weather

- Body changes
 - Increased blood pressure
 - Increased metabolism
 - Increased HR
 - Increased fatigue
 - Dry skin
 - Mood changes

Cold weather

- Adjustments to exercise regiment
 - Prolonged warm up and cool down
 - Reduce workloads
 - If very cold reduce exercise time
 - Allow body time to adjust for temperature changes

Snow shoveling

- Exacerbates the BP response due to the tendency to hold your breath and the static contraction of muscles on small blood vessels in arms
- Rapid increase in HR and BP
- High intensity physical activity combined with heavy clothing and moving through snow means greater demand for oxygen

Hot weather

- Drink plenty of fluids
- Dress with lightweight clothing that helps wick away the sweat
- Wear sunscreen that is sweat/water resistant!!!!

Hot weather

- Adjustments to exercise regiment
 - Adjust time to early morning or late afternoon
 - Take frequent breaks
 - Reduce workloads
 - Listen to your body (it takes time to adjust to the heat up to 14 days)
 - HR can be increased with hot weather secondary to maintaining internal temperatures

General weather recommendations

- Have a exercise buddy or cell phone available
- Following physicians guidelines