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SEDGWICK COUNTY, KANSAS  
COMMUNICATIONS

# NEWS

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## FOR IMMEDIATE RELEASE

### **The Sedgwick County Health Department Encourages Healthy Summer Exercise**

(Sedgwick County, Kansas) – It's hot out there and everyone knows it. The Sedgwick County Health Department encourages citizens to remain active indoors and out, but to use caution when spending considerable time and energy in the summer sun. Consider the following precautions when participating in outdoor activities during hot weather.

- The human body takes 10 - 14 days to adjust to higher, more humid temperatures. Thus, exercise routines should be reduced for two weeks during an extreme temperature change (i.e. right now while we are consistently hovering around the century mark). Slowly increase duration and intensity over that two week period as your body adjusts.
- Before and during prolonged physical activity, exercisers should be well hydrated. Every 20 minutes, 5 to nine oz. of cold water should be consumed, even if you are not thirsty.
- Organized sports and practices should be shortened in extreme heat and take place after 6 p.m. More frequent water/hydration breaks should be instituted.
- Wear lightweight, loose-fitting, lightly-colored clothes.
- Sweat-saturated garments should be replaced by dry garments.
- Many gyms offer month-to-month memberships. Sign up for the summer months to safely stay in shape during extreme heat.
- Do outdoor physical activity early in the morning, before it gets too hot.
- Indoor shopping malls offer great places to walk in extreme heat and cold.

If you have questions or concerns, or would like more information about wellness, call the Health Department at 660-7300 or go to [www.sedgwickcounty.org](http://www.sedgwickcounty.org).

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