

Exercise and hot weather

Hot, humid weather makes it hard for your body's cooling mechanisms to work well, especially when you exercise. Even young and healthy people are at risk. Here are ways to prevent heat-related problems and still be active.

Adjust slowly to hot conditions, even if you are used to strenuous exercise indoors or at cooler temperatures. Gradually increase length and intensity of workouts over a week or two.

Drink plenty of fluids, whether or not you feel thirsty, before, during and after a workout. Sports drinks may be helpful if you are exercising intensely or for longer than 60-90 minutes.

Eat often to fuel your body adequately. Several small meals throughout the day with an emphasis on water-rich vegetables and fruits are a good approach.

Dress for the heat in lightweight, loose clothing in light colors which will absorb less heat and allow air to pass over your body and evaporate sweat. Wicking and

special sun-blocking fabrics help too.

Protect yourself from sunburn, which impairs sweating and raises body temperature. Wear sunscreen with SPF 30 or higher, and a light-colored hat with a 4" wide brim.

Choose the coolest environment, by exercising in the morning or evening, in the shade or in a pool. In extreme conditions, exercise in an air-conditioned building (mall, gym, etc.)

Watch for signs of heat-related problems, such as weakness, headache, dizziness, muscle cramps, fatigue, irritability, nausea or vomiting, or rapid heartbeat. If you suspect a problem, stop exercising, get out of the heat, drink water, and wet and fan your skin. Contact your health care provider if you don't feel better within one hour.

From www.mayoclinic.com,
www.sportsmedicine.about.com,
www.goodhousekeeping.com, and www.cdc.gov.

Recipe of the Week : Nouveau Salad Nicoise

Serves 4, generous 2 cups each

recipe adapted from *Eating Well* magazine

8 ounces green beans, trimmed and halved
6 small red potatoes
2 hard-boiled eggs, peeled and cut into wedges
6 cups mixed salad greens
12 oz. light tuna packed in water, drained well
8 Kalamata olives (optional)

- Boil 2 qts. water. Add green beans, cook until tender. Remove beans, rinse in cold water and put in a large bowl. Put potatoes into the boiling water, cook till fork-tender. Drain potatoes; rinse under cold water until cool enough to handle.
- Cut potatoes into quarters or eighths, depending on their size. Add to bowl with beans. Add greens and tuna. Add as much dressing as desired; toss well. Top with eggs and olives.

Lemon-Dijon Vinaigrette

2 Tablespoons water
3 Tablespoons lemon juice
2 Tablespoons olive oil
1 ½ Tablespoons red wine vinegar
1 Tablespoon Dijon or any spicy mustard
2 teaspoons garlic, chopped finely
½ teaspoon black pepper
¼ teaspoon salt

- Put all ingredients in a jar. Cover and shake briskly until combined. Store in refrigerator.

Nutrition information for salad without dressing:

Calories 334	Total Fat 4 g	Saturated Fat 1 g
Sodium 323 mg	Total Carbohydrate 51 g	
Dietary Fiber 8 g	Protein 28 g	

Dressing Nutrition Information (per Tablespoon):

Calories: 25	Carbohydrate: 1g
Fat: 2g	Fiber: 0g
Saturated fat: 0g	Protein: 0g

Tip of the Week: Buy vegetables and fruits in season for maximum flavor at lowest cost. Look for specials at the local supermarket, or visit your local farmers' markets and farm stands.

-- www.choosemyplate.gov