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Stay Cool: ScubaFit® tips for exercising in hot weather (Photos)



Sunny hot forecast for the coming week (Gretchen M. Ashton, Photographer)



Gretchen Ashton
Carlsbad Scuba Fitness Examiner

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It seems that Summer is lingering less like **dog days** and more like dragon breath; scorching. With unseasonably high temperatures **forecast** for the coming week the following tips for exercising in hot weather will remind divers to stay cool while achieving fitness goals.

Exercise during the cooler hours of the day. When temperatures and humidity are soaring, early morning is a great time to exercise. Women are affected more than

men by humidity combined with high temperatures. If early morning is not an option find the next best option, which is most likely after sunset.

Hydrate before, during and after the workout. For most adults it is recommended that men drink approximately 13 – 8 ounce glasses of water and women drink approximately 9 – 8 ounce glasses of water every day. Hydration ideally begins 2 to 3 hours before exercise. Sports drinks and electrolytes are recommended as a supplement to water if workouts are longer than 60 minutes. Replenishment is recommended with 16 to 30 ounces consumed over an hour.

On diving days. It is recommended to drink 1/2 liter of cold water 2 to 3 hours before diving and continue to drink a 1 liter per hour during diving activities. Scuba divers lose additional fluids through increased respiratory water loss from breathing compressed air/gas and

immersion diuresis. Compressed air/gas is dry when you inhale it and saturated when you exhale it. Immersion diuresis is an increased production of urine produced by the pressure of being at depth underwater and lower temperatures.

Exercise at a lower intensity. A little exercise is better than no exercise. Go for a walk instead of a run, swim instead of bike, perform a total body circuit with cables and bands instead of resistance training with weights. Maintain a moderate intensity. Think of it as cross training.

Find a temperature controlled location for a workout. Many fitness centers maintain controlled temperatures year-round, but not all. Other options include exercising at home, especially if the home is air conditioned. Another option is mall walking at a local shopping center.

Get wet. Scuba diving, swimming, water aerobics, stand up paddle boarding, water polo, kayaking and surfing are great forms of water exercise. Water sports enthusiasts will enjoy the refreshing water temperatures ranging in the high 60's and perhaps as warm as 70 degrees F. Remember, even in the comfort of the water it is important to stay hydrated.

Go Green. My favorite water bottle is the stainless steel **Fit and Fresh CleanTek**. It is durable, doesn't make annoying noises when drinking, and the opening is not too big with the lid staying on during use.

Important. Exercise is not recommended 24 hours before or after scuba diving.