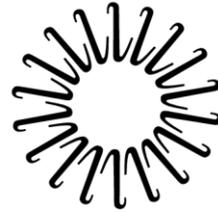


# Exercise and Weather



## **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