

Exercising in Hot Weather

Dear participant

The Strength for Life exercise classes conducted at the Dulwich Community Centre will be cancelled during exceptional environmental conditions.

Exercise classes will be cancelled according to the following:

- **All Strength for Life classes will be cancelled if the temperature is forecast to be 38° or above (as reported on the evening news the day before). If you are unsure please contact your instructor or Home Assist on 8366 4227.**

Participants should observe the following when intending to exercise on warm or hot days:

- Only exercise if you really feel up to it. Avoid the feeling that you must exercise.
- Drink at least 1 to 2 glasses of water (500ml) before exercising (if possible, the water should be consumed about 15 minutes prior to commencing an exercise class).
- Thirst is an inadequate stimulus and you should be replacing fluid well before you begin to feel thirsty.
- Those taking medication (eg. Diuretics) need to be particularly careful as chronic dehydration can occur.
- It is crucial to slow down the pace of your exercise, reduce the intensity.
(Information from Hampstead Rehabilitation Centre)

Heat related problems can be largely avoided if participants observe these simple steps when contemplating exercise during warm or hot weather.

Kind Regards

A handwritten signature in cursive script, appearing to read 'Jo Blaess'.

Jo Blaess
Home Assist Coordinator
City of Burnside
8366 4227