



CHOOSE the HEALTHY way!

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Press Release OACCU's

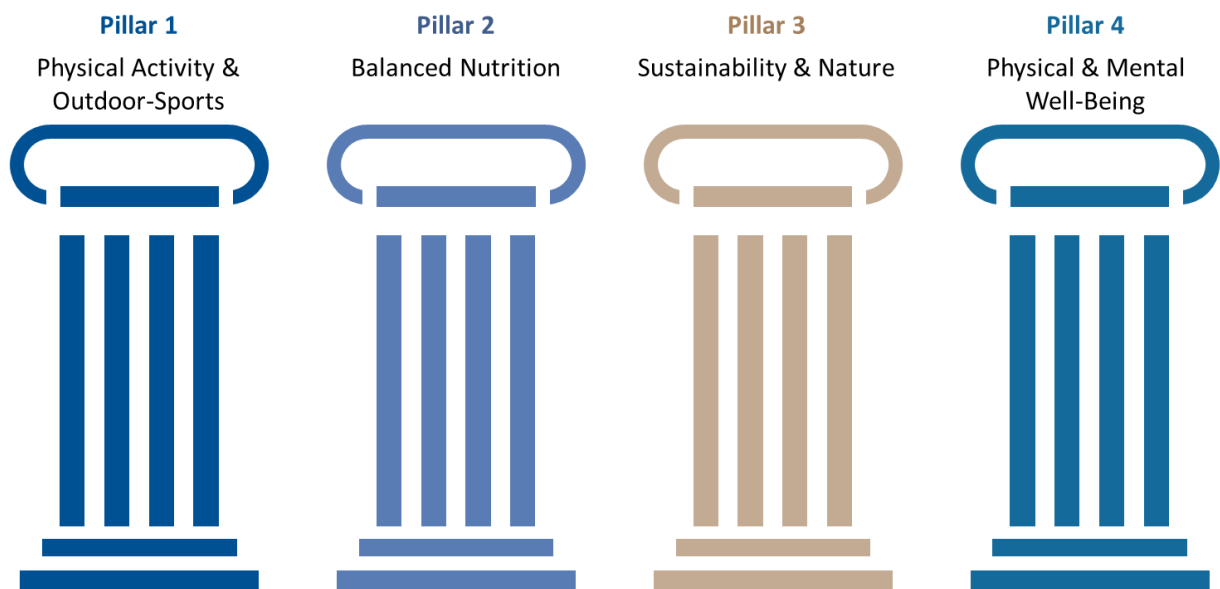
HOW TO COPE WITH THE HEAT WAVE

Things to keep in mind when exercising outdoors in hot temperatures

A healthy lifestyle is important - no matter the weather. But especially when temperatures get extreme, we need to pay attention to what our bodies need. To build a good foundation and stay safe in the heat in all aspects of life, we focused on the 4 pillars of a healthy lifestyle:

1. Physical Activity & Outdoor-Sports
2. Balanced Nutrition
3. Sustainability & Nature
4. Physical & Mental Well-Being

THE 4 KEY PILLARS OF A HEALTHY LIFESTYLE



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Here are some recommendations that might help you during the hot season:

Pillar 1: Physical Activity

Can I exercise during the heatwave?

- You shouldn't exercise for more than one hour at a light-to-moderate intensity and avoid the hottest hours of the day.¹
- Try to exercise in cool, shady and well-ventilated places. Wear sunscreen, sunglasses and cover your head with a cap or similar.
- Important: Wear breathable clothing that facilitates thermoregulation. Think: light and bright.
- Drink water in proportion to the fluid loss you have suffered during exercise (when exercising, increase total fluid intake to ensure the body loses less than 2%).

Pillar 2: Healthy nutrition

Ensure Euhydration status (= normal level of hydration)

- In addition to normal water, include isotonic beverages if you perform moderate physical activity for more than 45 minutes or 30 minutes if it is vigorous.
- Avoid diuretic drinks such as alcohol and others because of its inhibitory effect on the antidiuretic hormone (ADH).²
- Foods rich in water can help to ensure Euhydration status. Summer fruits such as (water)melons are good options, as well as frozen desserts like ice pops and sorbets (homemade in a healthy way).
- If you don't have another option, *sweetened beverages will also hydrate*. Although drinks with high sugar content are not the best nutritional option, sweetened beverages are just as good as water when it comes to providing fluids to the body.³

¹ <https://www.mdpi.com/1660-4601/17/17/6374>

² <https://jamanetwork.com/journals/jamainternalmedicine/article-abstract/568848>

³ https://link.springer.com/chapter/10.1007/978-1-4899-8077-9_17;
<https://academic.oup.com/ajcn/article/103/3/717/4564598>



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- Within 2 hours after exercise, it is advisable to consume food rich in mineral salts (e.g. dried fruits, nuts and seeds) to recover the loss through sweat.

Pillar 3: Healthy environment

Prevent additional heat stress

- If you want to prevent the so-called “*Fry now, pay later*”, use sunscreen, wear special sun-protective clothing and, if it is not strictly necessary, avoid staying on the street during the hottest hours of the day.
- Take your water bottle with you whenever you leave the house.

Pillar 4: Psychological well-being

Keep your mind *fresh*

- During these days, swap strenuous physical activities for light to moderate intensity exercises, such as meditation, stretching and activities that benefit your mental well-being.

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