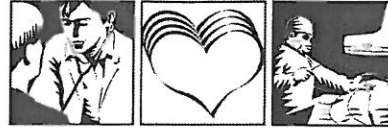




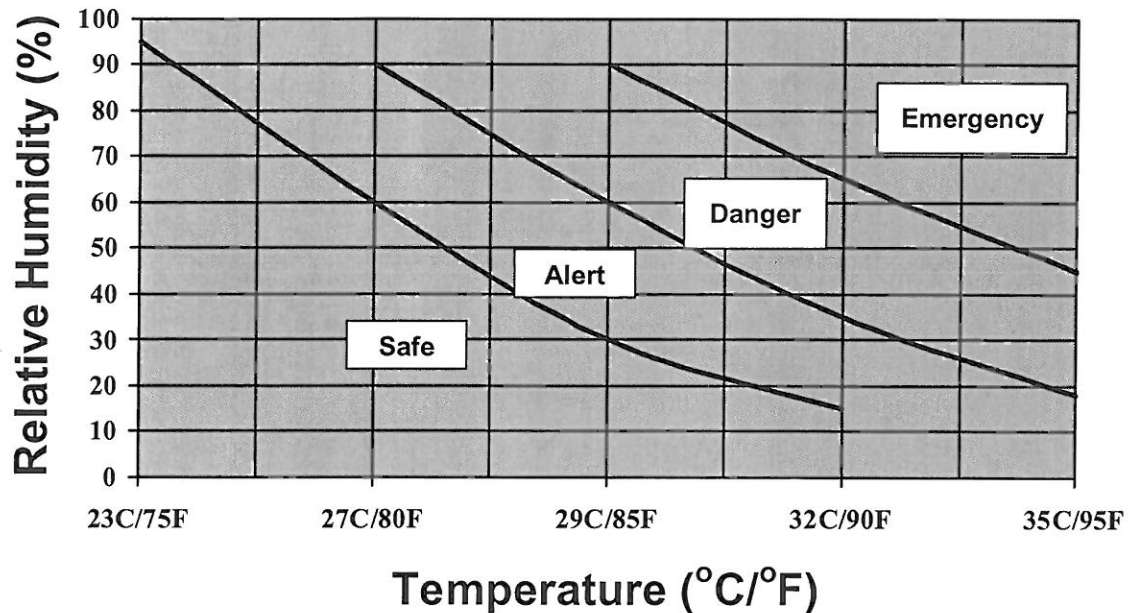
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HEALTH SYSTEM



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Heat Safety Index



DO NOT EXERCISE outdoors when humidity and temperature fall into the DANGER OR EMERGENCY ZONE!

SLOW YOUR EXERCISING PACE outdoors when humidity and temperature fall into the ALERT ZONE!

For more information regarding exercising in the heat, heat cramps/exhaustion and dehydration, please refer to pages 288-296 and 344, in Dr. Kavanagh's book, *Take Heart*.

Here are ways you can find the relative humidity and temperature for the day:

Telephone: Environment Canada 416-661-0123

Television: The Weather Channel, CP24 Channel

Internet: www.weather.com

From: Kavanagh, T. (1998). *Take Heart*. Key Porter Books: Toronto



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Tips for PHYSICAL ACTIVITY and EXERCISE in the HEAT

- Check the HEAT SAFETY INDEX to determine if it is safe to exercise outdoors
- SLOW your PACE to adjust to warmer temperatures
- Walk in the MORNING or EVENING → Avoid the hot afternoon
- Walk INDOORS when appropriate (mall, fitness centre, air conditioned hallways)
- Use SUNBLOCK, especially on INCISION SCARS (SPF>30)
- Wear a light-weight and light-coloured HAT
- DRINK EXTRA WATER (6 to 8 ounces or $\frac{3}{4}$ to 1 cup) before, during, and after your walk. Thirst is a very poor indicator that you need water. → If you have congestive heart failure, talk to your Exercise Therapist
- Wear light-weight, light-coloured and loose-fitting CLOTHING
- Be aware of SIDE EFFECTS of certain MEDICATIONS. Talk to your Pharmacist or Exercise Therapist
- Avoid ALCOHOL prior to exercise

For more information regarding exercising in the heat, please refer to the chapter on Exercise Do's and Don'ts in Dr. Kavanagh's book, TAKE HEART.

