

# Exercise Safety Proper Attire and Hydration

(PE.7.R.5.3, PE.8.C.2.7, PE.8.M.1.9, PE.8.R.5.5)



# Learning Objectives



**Recognize** the importance for proper hydration before, during and after exercise.



**Select** the proper attire to be worn when exercising in different climates.

# Proper Hydration

- Drink water before, during and after exercise especially during hot weather
- When the temperatures rise, getting enough to drink is important whether you're playing sports, traveling or just sitting in the sun.



# What Should You Drink to Stay Hydrated?

- Water is the best thing to drink to stay hydrated.
- Sports drinks with electrolytes (e.g. Gatorade and Powerade) may be useful for people doing high intensity, vigorous exercise in very hot weather.
- Do not drink:
  - fruit juices
  - soda
  - drinks with caffeine



# Staying Hydrated

- For more information, go to <https://www.heart.org/en/healthy-living/fitness/fitness-basics/staying-hydrated-staying-healthy>





# Proper Attire

Proper Attire (clothes and shoes) -  
Color and type of clothing to be worn during  
exercise in different climates.

# Hot Weather Attire

- Lightweight, loose-fitting clothing helps sweat evaporate and keeps you cooler.
- Avoid dark colors, which can absorb heat.
- If possible, wear a light-colored, wide-brimmed hat.



# Cold Weather Attire

Dress in layers that you can remove as soon as you start to sweat and then put back on as needed.

