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FOR IMMEDIATE RELEASE

KRONOS OFFERS TIPS FOR WARM WEATHER WORKOUTS

March 21, 2007 – Even when the temperature rises, many people still prefer outdoor walks and bike rides to treadmills and stationary bikes at their local gym.

However, it's important to make some adjustments to your outdoor workout regime to ensure you're staying healthy and safe. Dr. Susan Kaib, medical director for Kronos Optimal Health Company, offers these warm weather workout tips:

1. **Plan Ahead.** "It's too easy to call off your exercise routine when the temperature hits 100 degrees or the humidity is increasingly higher," she said. "Create an alternative workout regime that won't result in you calling it quits because the weather isn't on your side." Kaib suggests taking a high-energy dance class or relaxing yoga session at your local community center or hit the pool for laps and water aerobics.
2. **Stay Hydrated.** The rule of thumb is a liter of water for every hour of activity, but this varies depending on your level of intensity, duration, your body type and the weather. "The key is to keep plenty of fluids with you at all times, whether you're working out indoors or outdoors," said Kaib. Prepare yourself for outdoor workouts with plenty of water and electrolyte replacement beverages such as Gatorade or PowerAde. "Don't wait until you're thirsty to take a drink, smaller sips throughout your workout is best."
3. **Timing is Everything.** Always avoid the hottest times of the day, typically between 10 a.m. and 4 p.m. Head out for a hike early in the morning or in the early evening when the sun isn't pounding down directly on you.
4. **Wear Sunblock.** Sure, it may just be a short workout, but even 10 minutes in the sun can do damage to your skin. Choose an oil-free sunblock with an SPF of 30 or higher. A number of sunblock manufacturers now also offer sport formulas which are designed to last and protect even when you sweat.
5. **Dress Wisely.** "The best choices for warm weather workout wardrobes include light-colored clothing that's loose fitting and absorbent," Kaib said. A selection of workout clothing made from moisture-wicking fabrics such as Dri-Fit can be found at most sporting goods retailers.

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6. Your Phone is Your Friend. Cell phones have become smaller and lightweight, making them incredibly portable. If you're outdoors exercising alone, a cell phone can be a lifesaver if the heat becomes too much or if you're injured.
7. Know Where You're Going. Choose familiar routes for walking, running, hiking and biking. "In an unfamiliar area, a 30-minute workout can easily turn into a two-hour adventure with one wrong turn," said Kaib. "This is especially dangerous when you've been in the heat for a long period of time and you may begin to experience some disorientation and get further off track."
8. Avoid Busy Streets. Inhaling exhaust fumes while exercising on busy streets is bad enough, but the combination of the fumes and warm weather can make you sick. If you're surrounded by high traffic streets, avoid rush hour and heavier traffic times. Otherwise, stick with neighborhood biking and walking paths.
9. Snack a Little. "Eating is the last thing plenty of us want to do when we're hot and sweaty, but your body needs the fuel regardless of the temperature outdoors," Kaib said. "Fruits, nuts, raisins and peanut butter with a few crackers are good choices for light snacks."
10. Prepare for Battle. Heat and sweat make skin more susceptible to chafing and blisters. Ward off these types of injuries with an anti-friction aide such as Body Glide, which can be found at local sporting goods retailers.

About Kronos Optimal Health Company

Kronos Optimal Health Company provides optimal health products and services for consumers, employer groups and healthcare providers. Its mission is to help people live as healthy as possible throughout their lives. Kronos Optimal Health Company employs more than 80 professionals in the fields of science, medicine, technology, pharmacology, customer service, sales and marketing. Corporate offices are located in Phoenix. Kronos business units include Kronos Corporate and Community Wellness, Kronos Optimal Health Centre[®] and Kronos Compounding PharmacySM.

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