



# Exercise in Hot Weather



Learning plan: Cardiac Rehab

UHN CARDIOVASCULAR PREVENTION AND REHABILITATION PROGRAM

## Topic Summary: Exercise in Hot Weather

Hot weather conditions can affect how your body responds to exercise. Learn what tools you can use to help you decide if it's safe for you to exercise outdoors.

## Learning goals

Explore the learning resources to learn:

- How your body may respond to hot weather
- How to exercise safely when the temperature increases

## Learning Resources

- Website: [Exercise and Hot Weather](#)
- Webinar: [Exercise in Hot Weather](#)
- Patient Guide: [Staying Active for a Healthy Heart](#)

## Tools for Self-Management

- [Create your action plan](#)
- [Reflect on your week](#)
- [Heat Safety Index](#)
- [Air Quality Index](#)

## Key points:

- ◆ Exercising in hot, humid weather can be dangerous. Review the [safety strategies](#) on Cardiac College to keep yourself safe.
- ◆ Check the heat safety index and the air quality index before you exercise outdoors. Make a plan to exercise indoors, when needed.

**Stop and talk to your exercise team or doctor if you have any symptoms such as pain, shortness of breath, or dizziness during exercise in hot weather.**