

#HEALTH & FITNESS

Tips for exercising in this summer heat

The warm summer weather serves as the perfect time to start working out and getting fit. Whether you are working for that summer body or just a self-improvement goal, now's the time to get your workout gear and get it pumping! In the intense heat, however, it can be quite tiresome to keep up with the constant momentum of your exercise routine. But there are still many ways to keep your plans from falling apart.

One essential thing to keep in mind while working out, especially in the heat, is to stay hydrated. In this case, water is not enough. When you work out, your body loses a lot of salt, water and electrolytes. So, to maintain your body's balance and prevent nausea,

heatstroke and dehydration, add electrolytes to your drinks.

Another important factor is choosing the best time to exercise. In the intense summer weather, the best time for working out is before 9 AM. The early morning hours will not only help you to start your day fresh but will allow you to exercise in much cooler temperatures, avoiding the afternoon heat.

If that seems too difficult for you, however, you can opt for a later time, perhaps after 7 PM. Evening workouts can help you to wind down after a long day, and temperatures are also cooler around this time.

The clothes you wear will also affect your workout experience. During the

summertime, it is best to wear breathable and thin clothes. Wearing darker clothes absorbs more heat, making you feel more exhausted than normal. Thick, tight clothes can also heat you up, so stick to simpler, lightweight clothing for your workouts.

If you plan to exercise outside, sunscreen is a must, especially during the heatwave. Sunscreen will protect you from the harmful UV rays of the sun and prevent sunburns, so do not skip it!

When exercising, do not start with high-intensity workouts immediately. Start with simple stretching, and build it up to low-intensity workouts. In general, starting with high intensity immediately can cause

cramps, and even lead to heatstroke given the immense heat of the summer.

Do not go over your limit. If you find yourself growing extremely exhausted or sweating profusely, take a break. Your well-being is more important than finishing an exercise, and the summer heat is not to be taken lightly.

In this hot weather, exercising outside can be too much. If you find that you cannot cope with the heat, it is best to workout inside in an air-conditioned room. Make sure you are exercising in a well-ventilated, cool room that will guarantee a smooth experience as you work out.

By Adiba Islam

◆ HOROSCOPE ◆



ARIES (MAR. 21-APR. 20)

Focus on your own actions. Do things that will lead to new friends. Make strides at your work if you communicate well. Your lucky day this week will be Friday.



TAURUS (APR. 21-MAY 21)

Don't let anyone influence you. Spend time with friends. Knowledge can be acquired if you listen. Your lucky day this week will be Thursday.



GEMINI (MAY 22-JUN. 21)

Family responsibilities will be piling up. Get involved in distinguished organisations. Spend time with loved ones. Your lucky day this week will be Wednesday.



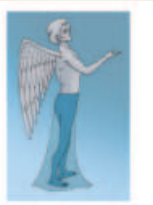
CANCER (JUN. 22-JUL. 22)

Get involved in creative projects with moneymaking potential. Don't let them blow situations out of proportion. Make plans to travel this week. Your lucky day this week will be Monday.



LEO (JUL. 23-AUG. 22)

Curb any overindulgence this week. Don't get involved in other people's problems. Make sure your documents are in order. Your lucky day this week will be Friday.



VIRGO (AUG. 23-SEP. 23)

You may be sensitive concerning friends. Avoid any investments this week. Don't let your jealousy wreck your relationship. Your lucky day this week will be Monday.



LIBRA (SEP. 24-OCT. 23)

Emotional upset at work will set you back. Assess every situation before making a decision. Don't travel unless absolutely necessary. Your lucky day this week will be Tuesday.



SCORPIO (OCT. 24-NOV. 21)

Someone in your life is not trustworthy. Its time to make changes. Real estate investments could be advantageous. Your lucky day this week will be Saturday.



SAGITTARIUS (NOV. 22-DEC. 21)

Things at home could get messy. Travelling for pleasure will bring you peace. Invite friends over. Your lucky day this week will be Wednesday.



CAPRICORN (DEC. 22-JAN. 20)

You could experience emotional turmoil with your partner. Be honest in your approach. Your crush may feel the same as you. Your lucky day this week will be Saturday.



AQUARIUS (JAN. 21-FEB. 19)

Don't discuss important matters with colleagues. Travel will be your best outlet. You will meet new romantic partners. Your lucky day this week will be Saturday.



PISCES (FEB. 20-MAR. 20)

Play nice with your boss. Things with your partner can deteriorate. Make changes that will be financially advantageous. Your lucky day this week will be Sunday.

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ঠিক যেমন রূপচর্চায় আভিজাত্য ঘাটেই

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রূপচর্চায় আভিজাত্য...

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