The Effects Of temperature On Exercise
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Working out in the Heat

- When working out in hot weather your body will lose moisture through sweat, will feel more fatigued and have to breath harder.
- By exercising consistently in the heat your body will eventually adapt to it by increasing your blood volume, sweating more (to maintain core temperature), dilating blood vessels to release heat, and altering its metabolism.
- Losing these adaptations can happen in just a couple weeks of inactivity.
- Symptoms of the body overheating include: Lack of sweat and hot skin, confusion, faintness, and an abnormally fast heart rate.

Warm Up/ Cool downs

- Warming up your muscles before exercise can greatly increase flexibility in your muscles which leads to fewer injuries during workouts.
- Warming up your muscles also increases their ability to use glucose making them more efficient.

Working out in the Cold

- When working out in cold weather your body constricts blood vessels.
- In order to maintain core temperature and shiver to heat up the body.
- In cold weather maximal possible heart rate is decreased, less oxygen is sent to the muscles, muscle endurance decreases, and
- Energy production/metabolism is slowed down.
- To combat cold weather make sure to do a proper warm up to warm the muscles and wear warm clothing.
- Symptoms of hypothermia include: Weakness, loss of consciousness, unusual fatigue and extreme shivering.