



health & wellbeing

beat the summer heat

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As the weather heats up this summer, exercising and eating well can help maintain your energy levels and keep you looking and feeling great, as long as you're well hydrated.

Get moving

With the sun out, summer is a great time to recharge and get motivated to exercise more. You may find it easier to get your 30 minutes of activity daily, or even turn 30 minutes into 60 minutes with a few longer sessions.

Try some great summer activities like swimming, aqua aerobics, tennis, walking or bike riding.

Top up your fluids

When it's hot outside or you spend time in air conditioning or exercising, the body loses more fluid than usual. Staying hydrated makes it easier for your body to maintain energy levels and maintain your body temperature. Even mild dehydration can cause serious side effects, such as headache, tiredness and light headedness, and dry, flushed skin¹.

What to drink and how much

Fluids from your favourite drinks such as water, juice, cordials, milk, soft drink, tea and coffee all count toward your daily requirements, though water should make up the majority of your total fluid intake for the day.



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When you're in the sun or exercising it's important to keep your fluids up even if you're not thirsty. Aim for 2.1 Litres a day for women and 2.6 Litres a day for men², more if you're spending a lot of time in hot weather or if exercising. Carrying a water bottle with you will help you reach your fluid needs easily.

Fresh tastes

Summer is a great time for fresh, light meals and refreshing drinks. Try adding crushed or shaved ice to turn your favourite drinks into summer slushies, or use the natural goodness of Summer fruits like berries, apricots, nectarines, peaches and plums, lychees, grapes, mango, pineapple and passionfruit blended with springwater and plenty of ice for fresh, fruity smoothies.

References:

1. Sawka, M. N., Cheuvront, S. N. & Carter, R., 3rd. Human water needs. *Nutr Rev* 63, S30-9 (2005).
2. National Health and Medical Research Council. Nutrient Reference Values for Australia and New Zealand including Recommended Dietary Intakes (NHRMC, Canberra, 2006).