

- Don't rely on thirst alone as a guide to how much water your body needs. Weigh yourself before and after exercising. For every pound lost as sweat, drink two cups of fluid.
- Avoid salt tablets. Too much salt increases your body's water needs. Salt tablets can also irritate your stomach and cause nausea.
- Avoid working out in plastic or rubber suits. They can cause serious dehydration, limit your performance, and lead to heat exhaustion and heat stroke.

What Happens If Your Sweat Doesn't Evaporate?

For your body to cool down, two things must occur. You must sweat and the sweat must evaporate from your skin. If the sweat doesn't evaporate quickly enough to cool your body down, you can become overheated. This can happen when the weather is hot and humid or when you are wearing heavy gear. You can avoid problems by following these tips when exercising during hot, humid weather:

- Exercise at the coolest time of the day--early morning or late evening. Avoid the middle of the day when the temperature is usually the highest. If you must practice then, build up your tolerance to heat by working out for a short time each day. Gradually increase the length of each workout.
- Wear the lightest clothing and equipment you can. Mesh jerseys, lightweight shorts, and low-cut socks allow more sweat to evaporate than sweat suits and heavy gear.
- Drink plenty of water before, during, and after practice and competition.
- When you exercise in cold weather, your body still sweats. To keep warm and still allow the sweat to evaporate, wear several layers of loose clothing. Layers of clothing will trap the warmth from your body while absorbing your sweat. If you become too warm, a layer can be removed and remember; drink water even in cold weather.