

TAKING YOUR FITNESS OUTDOORS

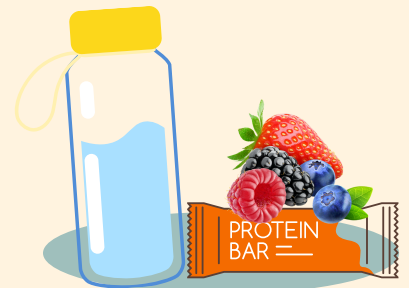
The Ultimate Safety Guide



Sun Protection

- Cover your skin with light colored, sweat wicking layers.
- Protect your face with hats and sunglasses.
- Apply 30+ SPF Sunscreen every 2 hours.

- Drink cool plenty of liquids
- Pack lightweight and portable snacks.
- Balance snacks with carbohydrates, protein, and healthy fats to sustain your energy levels.



Hydration & Nutrition



Foot Care

- Wear the proper footwear with clean and sweat resistant socks based on your activity.
- Cover trouble spots with adhesive bandages to prevent blisters.

- Choose an insect repellent that has 20-30% DEET, spraying clothing and exposed skin.
- Wear hats in heavily wooded areas.
- Apply repellent after your sunscreen has dried.



Bug Repellent



Weather

- Know the weather before you go.
- Exercise in the morning or evening to avoid peak heat.
- Take shelter when seeing lightning or hearing thunder.