



Beat the Heat: SworKit's Guide to Summer Fitness & Health

SworKit Health helps you stay active and healthy all summer long with our expert tips designed to keep you moving safely. Embrace the season and make every workout count!

OUTDOOR WORKOUTS



Exercise outdoors to boost mood and motivation, and try to go out in the morning or evening to avoid the hottest hours and strongest sun.

SUN SAFETY



Apply SPF 30+ sunscreen 15 minutes before going out, reapplying every 2 hours; wear light clothing, a hat, sunglasses, and rest in shade.

HYDRATION



Drink water before, during, and after exercise, eat water-rich foods, use electrolytes for long sessions, and watch for dehydration signs like dizziness.

COOLDOWN



Cool down with light stretching or walking to help muscles recover and lower injury risk, and gradually lower your heart rate using cooling towels or mist.