substances (sugars, salts, electrolytes) that make them more concentrated than your body fluids. When a concentrated drink enters the intestine, your body tries to dilute it by releasing water from the bloodstream into the intestine. This is exactly the opposite of what you want to happen! So, if you really like sports drinks, dilute them with water before drinking.

Drinks containing caffeine or alcohol aren’t great choices either. Both stimulate the kidneys to produce more urine – so they can actually promote fluid loss.

What other precautions should you take?

Because the evaporation of sweat requires skin exposure to the air, try to keep clothing to a minimum – especially around your arms, hands, legs and head.

Keep fit. Exercise elevates your body temperature, and repeated exercise challenges your heat-reducing system on a regular basis. Over time, your body learns to start cooling itself before your internal temperature rises very much.

Finally, slow down. The harder you exercise, the more internal heat you’ll generate. But keep in mind also that your heart rate automatically increases in response to the heat. This means that exercising at a reduced pace on a hot day produces the same cardiovascular effect as your normal pace on a cooler day!

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