

Hot weather can make training on the street uncomfortable or even dangerous. But if you still want to maintain the level of activity, then try the following activities.

**Swimming.** This is a great way to stay in coolness and train. You can swim in a circle – this is a great good training for the cardiovascular system.

**Slow run.** In general, in the heat you can engage in any type of training that you love, but you need to reduce their intensity by about 15-20%.

**Kayaking.** It is an aerobic training, which also helps to strengthen muscles.



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**Crest.** This is also a water sport that will help to avoid overheating in the summer. It is associated with an increase in the quality of life, improvement of aerobic and anaerobic training.

**Cycling.** But it is important to remember that during this lesson, the internal body

temperature will increase.

***News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.***