



Soothing remedies for training in hot, humid conditions

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By **Deborah Green**, Baltimore Fitness Trends Examiner

Training in hot hazy conditions can sometimes lead to undue stress on the body.

The worst thing to worry about this summer is dry itchy skin, heat hives or sore muscles.



Starbucks Signature Summer Thirst Quenchers.

(Photo: Business Wire)



Here are a few tips to keep you training strong and cope with any conditions this hot summer in Baltimore.

Dry Skin

Sometimes you might experience this if you take long hot showers after working out and you don't immediately moisturize your skin. Usually, it's advised during winter to take less hot showers to keep the skin from drying. But in the summer, your skin needs moisture; try after showing applying lotion to wet skin. This will help absorb moisture quicker than applying lotion to towel dried skin.

Heat Hives

Some runners suffer from a common condition called, [Urticaria](#) (heat hives), that is induced from allergic reactions or environmental factors in hot or cold conditions. The red hives symptoms take over the body and can last up to 24 hours. If your conditions last longer, you may want to consult your physician. Try taking antihistamines to calm reaction. Train in cooler conditions or modify training intensity.

Chaffing

Chaffing is a common nuisance known to fitness enthusiasts that is caused by sweat, rubbing of the skin and wearing clothes that are too snug or loose. Irritated skin is mostly on the inner thighs, bra line or under arms.

- To avoid chaffing try applying [Vaseline](#) or [Body Glide](#) before working out. Wear clothing that wicks moisture away from the skin. These items can be purchased a local Baltimore biking and running stores, like Charm City Run, Fleet Feet or local grocery stores.

Sore Muscles

Soreness is common as you begin to increase the level of intensity of your workouts. If soreness continues, than you may want to add in a few recovery days.

- Try using a [massage foam roller](#) to get the knots out. It's free and you can skip having to schedule an appointment with a masseur or masseuse.
- Tight or strained muscles call for lots of tender, love, and care. Try using powered milk to massage area. Just heat the milk at a luke warm temperature and apply to sore area. This will help ease the strain and make your skin feel silky smooth.
- If you're mentally tough enough for a cold bath, then plunge into the ice bath. You can use cold water from your tub and add ice. Soak for at least 5 to 10 minutes max.

Stay Hydrated

Drink plenty of water and load up on your favorite sports drink. After a workout try quenching your thirst with a fruit smoothie or chilled drink to boost energy and speed recovery.

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