Mandy Hyde, a graduate student assistant in the Tulane Prevention Research Center, offers the following tips to help those exercising outdoors in the sweltering heat and humidity of New Orleans.

**Watch the humidity**

New Orleans is hot and humid. Know the day’s heat-index as well as the actual temperature. Humidity levels greater than 65 percent prevent sweat evaporation — the body’s way of keeping itself cool.

**Drink water**

High humidity causes your body to lose fluids quickly. Drink water before, during and after exercise even if you are not thirsty.

**Time your workout**

Avoid working out between 10 a.m. and 4 p.m., as this is the warmest part of the day. If your mornings are busy, aim to work out as the sun is going down.

**Use sunscreen**

The sun can still burn you on a cloudy day. Use sunscreen that is SPF 30 or higher and sweat-proof. Work out in shaded areas or out of direct sunlight. Shaded areas can be up to 10 degrees cooler than sunny areas.

**Wear loose, lightweight and light-colored clothing**

Clothing light in color helps reflect the sun. Try clothing designed to wick away sweat.

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