



# healthyfood@sport

## Cool Ways to Beat the Heat – Fact Sheet

Australian heat can be brutal. Although summer is almost over we still can experience hot weather. For active children proper monitoring and hydration is of utmost importance. No one should suffer from dehydration as long as you are well prepared to battle the heat. During a heat wave, dehydration can cause a range of symptoms – muscle cramps, tiredness, feeling faint, nausea, vomiting and even an altered mental state. Children are more susceptible and these situations can be avoided by following a few simple steps, which include:

- **Don't leave home without water:** Always carry water with you. Drink up to 1 litre an hour before activity and take at least 1 litre of water with you to your sporting activity.
- **Chill your drinks:** Consider chilling your water bottle in the freezer prior to attending sport. Drinking cold fluids can help to minimise heat exhaustion.
- **Teach your children:** Encourage your child to pay attention to early signs and symptoms of dehydration such as dry or sticky mouth, thirst, headaches, dizziness and cramps.
- **Maintain a constant intake:** Children should be encouraged to sip water frequently to maintain adequate hydration.
- **Drink fluids frequently:** It's important to drink plenty of fluids – even before you are feeling thirsty. (You begin to feel thirsty when approximately 1 litre dehydrated.) As a rule of thumb, when it's very hot, drink twice the amount of water you think you need.
- **Sweating loss:** Perspiration is the main way your body cools down and maintains a body temperature of about 37°C so your brain and other vital organs function normally. Fluids are essential to maintain hydration and allow your body to perspire.
- **Use shade when possible:** Shade and rest are especially important for active children. Their little bodies produce more body heat but perspire less efficiently than adults.
- **Know what to do in an emergency:** There are two stages to heat stress – heat exhaustion and heat stroke. The key to treating *heat exhaustion* is rehydration and rest. Start with sips of cool to cold water and gradually increase intake to 250mls every 15 minutes. Between 2 and 3 litres of fluid over 2-3 hours may be required to complete the rehydration process. *Heat stroke* occurs when the core body temperature rises above 40.5C and the body's internal systems start to shut down. This is a medical emergency and you need to call 000 for an ambulance.

### References:

Australian Institute of Sport  
[www.ausport.gov.au](http://www.ausport.gov.au)

Better Health  
[www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)



**FRUITY IDEAS** – Get your taste buds buzzing and try these two simple yet delicious recipes.

## Fruit Dip

### Ingredients and method:

Mix together the following and serve with cut up fruit in season:

- ½ cup vanilla low-fat yoghurt
- ¼ tsp cinnamon
- ¼ tsp nutmeg



For something more refreshing for those warmer days try our 'Fruity Popsicles'!

## Fruity Popsicles



### Ingredients:

- 1 punnet of fresh strawberries
- 1 cup or 440gms of two fruits in natural juice
- 1 cup of low fat vanilla yoghurt
- 8-10 small paper cups or plastic popsicle moulds
- 8-10 popsicle sticks (if using paper cups)

### Method:

- Use whatever fresh fruit you have such as melons, kiwi, strawberries, raspberries, peaches. Clean and slice the fruit(s) of your choice.
- Fill the cup/mould half full with one spoonful of two fruits with juice and strawberries, then top up with low fat vanilla yoghurt.
- Insert stick in the middle of the cup and freeze until solid.

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