Ways to get active during summer in Northwest Ohio

5k run/walks are a great way to get moving this summer
A top 5k event this summer is the American Heart Association Heart Walk, which supports a great cause. Plus, you are getting active at the same time!

American Heart Association Toledo Heart Walk
The Heart Walk is the American Heart Association's premiere event for raising funds to save lives from this country's No. 1 and No. 4 killers - heart disease and stroke. Designed to promote physical activity and heart-healthy living, the Heart Walk creates an environment that's fun and rewarding for the entire family.

- Event Information: Saturday, May 30, 2015 at 8:30 a.m.
- Location: The race takes place at The Huntington Center (500 Jefferson Ave. Toledo, OH 43604)
- Fees: Walkers are free! 5k Heart RUN is $30.00

For other 5k races during the summer around the Toledo area, go to runningintheusa.com

Sign up for the heart walk or learn more
Join a sporting league
Another great way to get active this summer is to join a sporting league. There are many leagues around Toledo that include baseball, softball, basketball, and volleyball to name a few. Joining a league can not only get you moving, but you can also meet new people by playing.

Go to a metro park
Toledo is also a great place to take a day and go to a metro park. There are many in the area including: Wildwood Preserve (Sylvania), Pearson (Oregon), Swan Creek (Toledo), Side Cut (Maumee), Oak Openings Preserve (Swanton), Secor (Berkey), Farnsworth (Waterville), Bend View (Waterville), Providence (Grand Rapids), Fallen Timbers (Maumee), and Blue Creek Conservation Area (Whitehouse). For more information check out the Metro Parks Website.

Tips for staying cool and safe as you’re active in the heat

Avoid peak sun hours (11 a.m.-2 p.m.), and stay in the shade when you can.

You need to replace the fluid and minerals you lose through sweating.
So, if you plan to be active for over an hour, have a snack like a granola bar or some fruit and drink lots of fluids. Here are some guidelines for fluid replacement:

- Drink 400-600 ml of water two hours before you get active, and if it’s hot out, add another 250-500 ml.
- During exercise you should drink 150-350 ml of water every 15-20 minutes.
- Drink up after you finish exercising too.
Water is recommended only if you’re physically active for less than an hour. If you’re active for longer than an hour, you should drink a sports drink that contains carbohydrates and electrolytes.

How to spot and treat heat exhaustion

Too much heat can lead to heat exhaustion, a dangerous heat-related condition.

Signs of heat exhaustion:

- Profuse sweating
- Pale skin
- Cool, moist skin
- Fast, shallow breathing
- Fast, weak pulse
- Headache
- Nausea, vomiting or diarrhea
- Dizziness, weakness or fainting
- Cramps
- Exhaustion

If someone experiences these symptoms, it’s important to take action right away. Heat exhaustion can lead to heatstroke, a serious condition that can lead to death.

Move the person to a shady or cooler area and position them so they’re lying comfortably. Get them to drink lots of cold fluids, and remove extra clothing and sports equipment. You should also try to cool them with cold water, cold towels and fans.

If heat exhaustion symptoms do not improve in an hour, you should seek medical attention. If symptoms are severe, and especially if the person stops sweating or seems confused and disoriented, get medical help right away.