

HEAT-SMART MOVEMENT

Stay active through 100°F.

How to keep moving through Modesto summers: early routines, water, cramp-smart habits and an indoor workout for the hottest days.

Start here → On days over 95°F, plan your walk before 9 AM.

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01 **Beat the clock**
Move before 9 AM or after sunset

02 **Water and electrolytes**
A simple daily plan

03 **Cramp-smart habits**
Warm up, cool down, sip often

04 **Indoor workout**
15 minutes, no equipment

05 **Heat red flags**
When to stop and get help

General education only. Not a diagnosis or a treatment plan for you.
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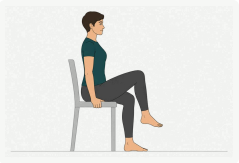
INDOOR WORKOUT · ABOUT 15 MINUTES

The too-hot-to-go-out workout

Go through the list twice in a cool room with water close by. Keep effort around 4 out of 10. You should be able to talk the whole time.

STOP RULE: READ FIRST

These are general, gentle movements, not a treatment plan for you. If Dr. Fair hasn't examined you, treat them as general education only; if you're a patient, follow what we've discussed. Keep every move small, slow and easy, skip anything you're unsure about, and stop if anything increases your symptoms. **Stop and call us at (209) 521-1122** if pain spreads or travels, numbness or tingling increases, you feel sharp or catching pain, or you notice new swelling or weakness.



01 Seated or Standing March

WARM-UP · **2 MINUTES**

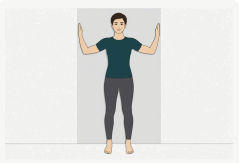
Easy pace to start. Swing your arms and breathe.



02 Sit-to-Stand

LEGS + HIPS · **10 REPS**

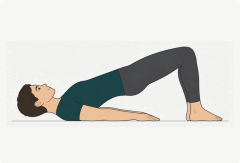
Feet hip-width. Lean forward, push through your heels to stand, sit back down slowly.



03 Wall Slides

SHOULDERS · **10 REPS**

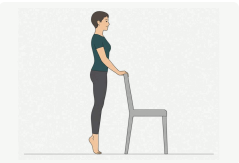
Back to a wall, arms in a goalpost. Slide up only as high as is easy.



04 Glute Bridge

HIPS + LOW BACK · **10 REPS · 3-SEC HOLD**

On your back, knees bent. Squeeze your glutes and lift your hips.



05 Supported Calf Raises

CALVES · **12 REPS**

Hold a chair. Rise onto the balls of your feet, pause, lower slowly. Calves are a common cramp spot.



06 Gentle Hamstring Stretch

COOL-DOWN · **2 × 20 SEC EACH**

Heel forward, soft knee, hinge at the hips until you feel a light stretch.

Water plan

Sip through the day instead of chugging. Start with a glass in the morning, and drink before, during and after activity. If your doctor limits your fluids, follow their plan.

Cramp-smart

Warm up first, cool down after, and don't jump from the AC straight into hard work in the heat. If a cramp hits, stop, gently stretch the muscle and rest in the shade.

Best times

Before 9 AM or after sunset. Light, loose clothes and a hat. Shade routes like the Virginia Corridor trail beat open pavement.

Stop, cool down and call 911 for

- Confusion, slurred speech or fainting
- Hot skin with no sweating, or a very high body temperature
- Throbbing headache with nausea or vomiting
- Fast, strong pulse or chest pain
- Muscle cramps that don't ease with rest
- Dizziness that doesn't pass in the shade

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