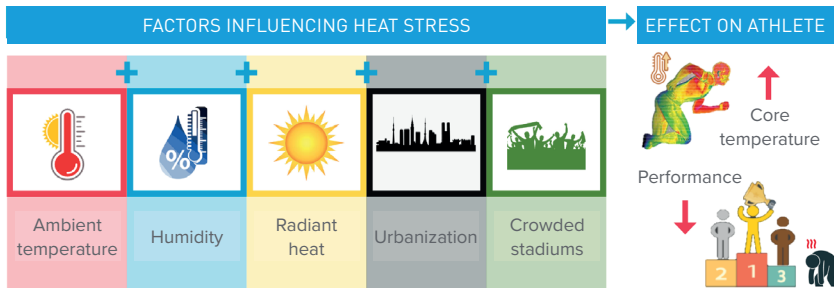


KEEP IT COOL AND BEAT THE HEAT

COOLING STRATEGIES FOR EXERCISE IN HOT CONDITIONS

The ambient conditions of the Tokyo Olympics (32th Olympiad) are expected to be the most challenging ever. Increments in core temperature and associated performance loss are anticipated. Hence, athletes should consider cooling strategies.



Cooling interventions prior to (pre-cooling) and during exercise (per-cooling) significantly improve exercise performance in the heat.

Pre-cooling (45 studies, 427 athletes)

+7.1% +5.5% +4.5% +2.5% +2.0%



Cold water immersion

Mixed methods

Cold/ice water ingestion

Cooling packs

INUTEQ Cooling vests

Water spray/dousing

Menthol

+3.6% +6.3% +4.1% +11.9% +8.2% +3.2%

Per-cooling (26 studies, 270 athletes)

Practicing the application of cooling strategies during training and competition is highly recommended for athletes to maximally benefit from cooling interventions during the Tokyo Olympics.