

air quality and exercise

You may exercise to get fit or stay healthy, but the air you breathe when you're active outdoors could negatively impact your health.

PROTECT YOUR HEALTH AND EXERCISE SMART:

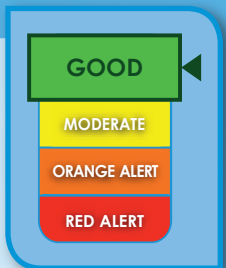
Check the SkyCast

The SkyCast forecasts how much ground-level ozone pollution will be in our air each day. Choose an indoor activity and take precautions to protect your health when poor air quality is forecast.

The Mid-America Regional Council issues a daily, regional air quality forecast — the **SkyCast** — from April 1 to Oct. 31.

Check the SkyCast ...

- **Online:** marc.org/airQ or twitter.com/airQKC
- **By phone:** 913/383-7557
- **Via many local media outlets**



Plan Ahead

If elevated ground-level ozone is forecast, consider an indoor activity or if you do venture out, exercise before 10 a.m. or after 7 p.m. Avoid the middle part of the day when temperatures are hottest and air quality is usually the worst.

Map Your Route

Consider a route with several small loops rather than a single, long course. If air quality starts to cause problems, you'll be able to cut the activity short to protect your health.

Avoid exercising near traffic to keep from breathing vehicle emissions and tire particles.



Be Safe

Follow your doctor's advice for exercise and be sure to carry any rescue medications in case you need them during the activity.



Buddy Up

Exercise with a friend or a group so you can keep an eye on one another. Sometimes others can see you're having a problem before you notice it yourself.

Listen to Your Body

Whether air quality is good or poor, it's always important to pay close attention to what your body is telling you. Take frequent breaks and stay hydrated.



For more information on Greater
Kansas City's air quality,
visit marc.org/airQ.

Mid-America Regional Council
Air Quality Program
600 Broadway, Kansas City, MO 64105
816/474-4240 | marc.org/airQ

