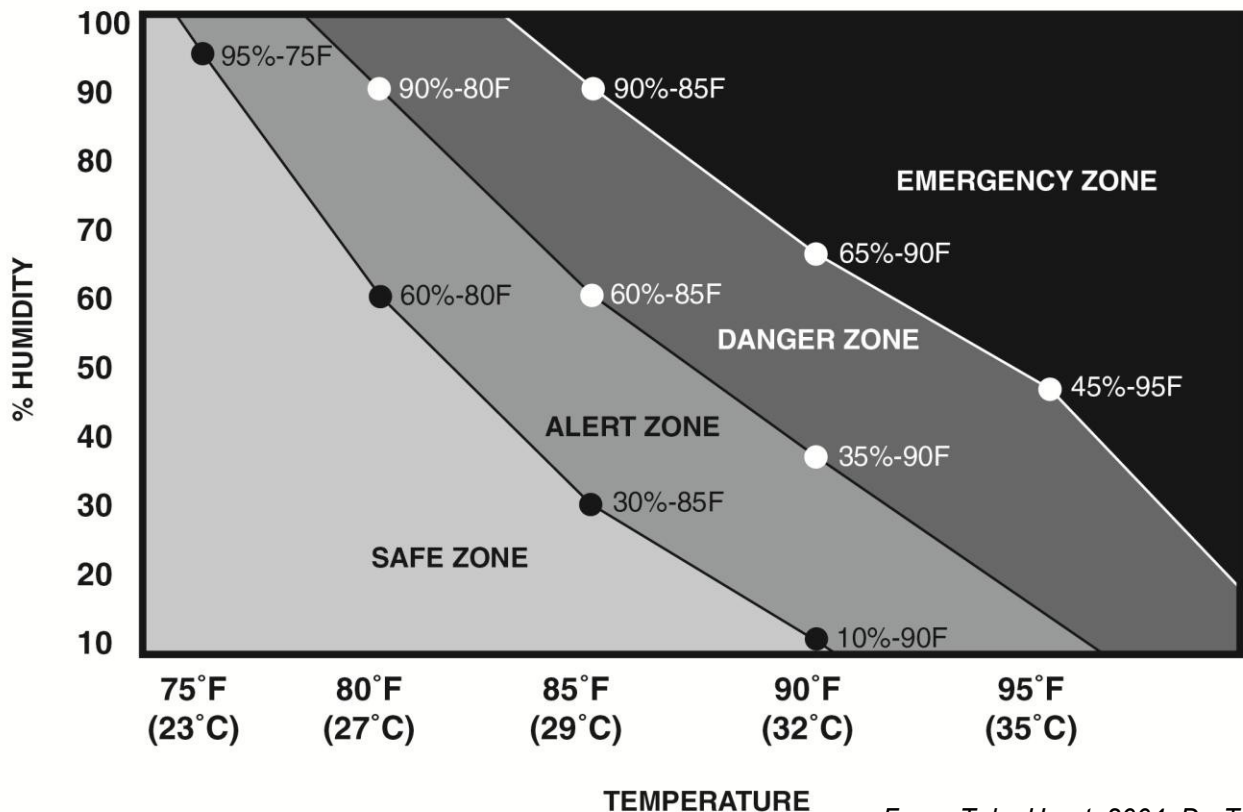


Heat Safety & Air Quality Index

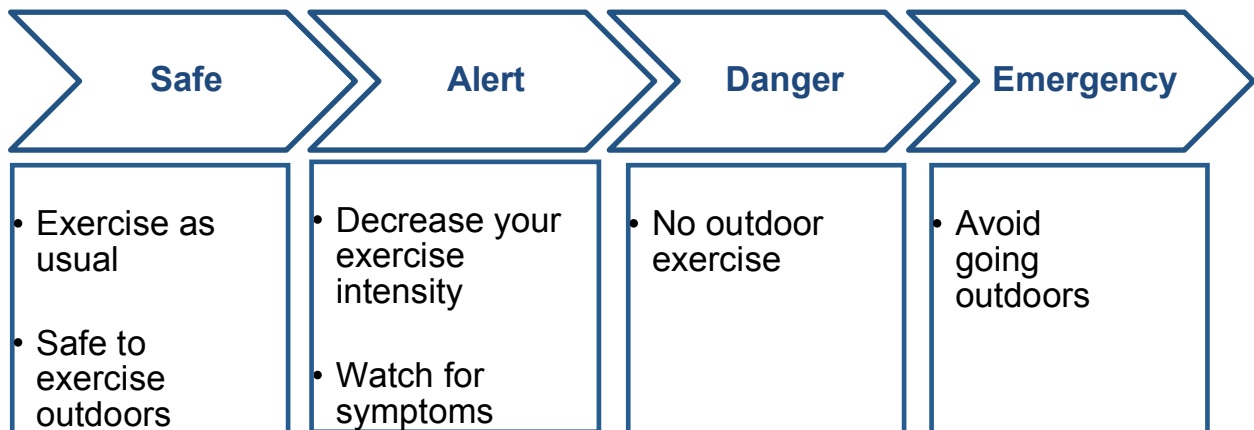
HEAT SAFETY INDEX

To use this scale, look for the air temperature along the bottom of the scale and the percentage of humidity along the left-hand border. The intersecting points will identify one of four zones.



From: Take Heart, 2004; Dr. T. Kavanagh

Your Action Steps for Exercise for Each Heat Safety Zone

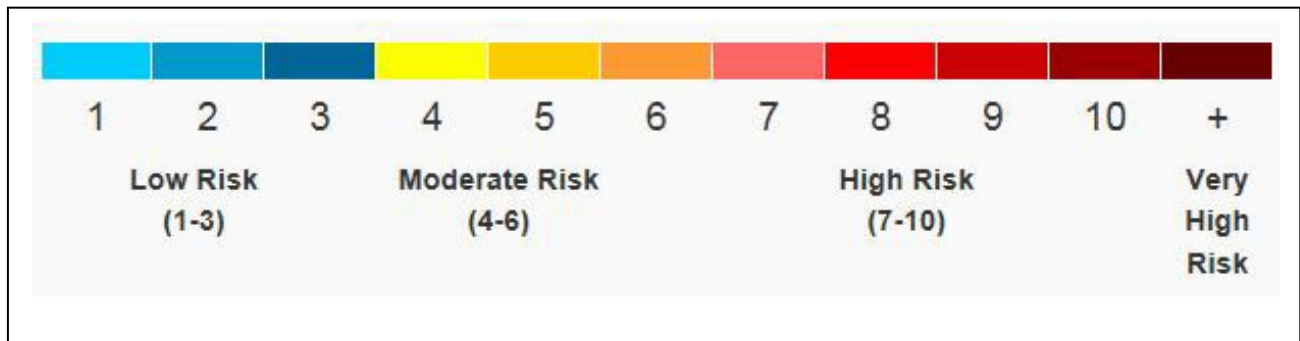


Air Quality Health Index

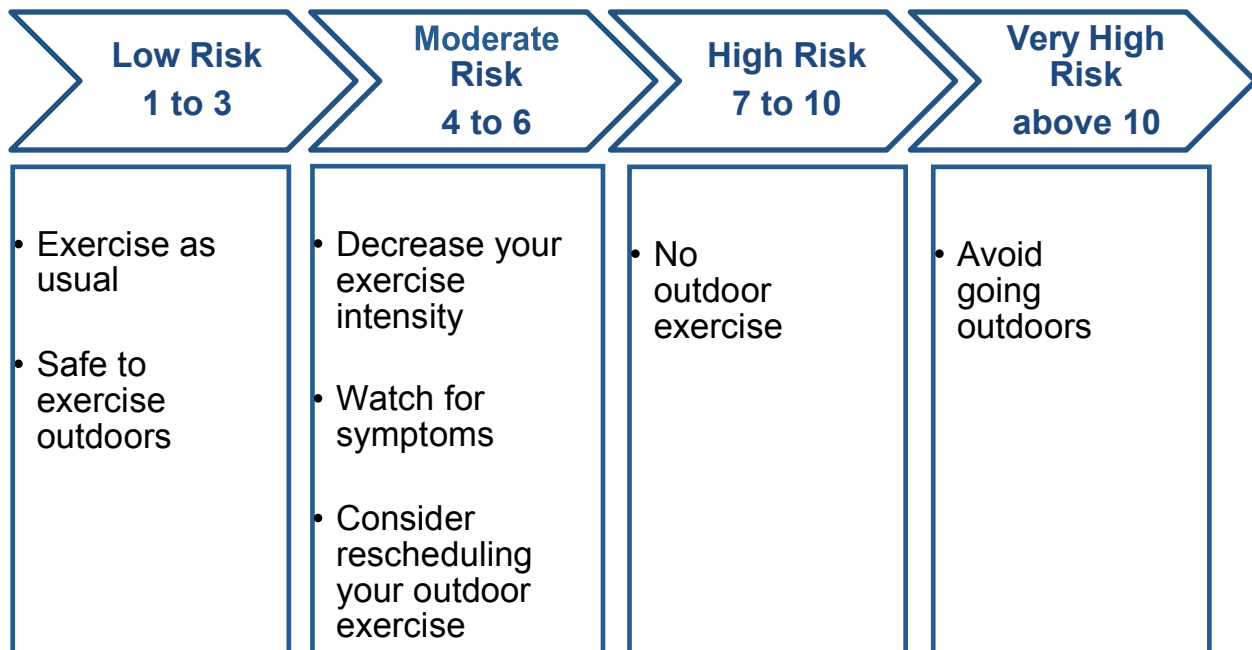
When you check the weather report for air quality, look for:

- The Air Quality Health Index (AQHI)

Air pollution can be measured by the AQHI. This index tells you the level of common air pollutants. In Ontario, the range for the index is 0 to 10. The lower the number, the better the air quality. If you live outside of Ontario, go to your local public health website to find out how your area lists the air quality index.



Your Action Steps for Exercise for Each Air Quality Range:



The Weather Network or Environment Canada can give you up to date weather conditions (including the air quality) for the day:

www.theweathernetwork.com or www.weather.gc.ca/forecast or
www.airqualityontario.com