

Personal Training by Robert J. Bovee

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DRINK UP!

Keeping cool and staying hydrated can help conserve energy that can be used for exercise periods or other daily activities.

Water is crucial in the functioning and maintenance of the body. Water is everywhere, from the jelly inside the eyeballs to the fluid inside our skulls in which the brain floats. It helps keep muscles expanding and contracting, the lungs moist for breathing, controls internal and external body temperatures, lubricates joints, and maintains the functioning of all of your other organs.

Workouts tend to elevate the body temperature. This causes the body to sweat in order to cool itself. Certain illness' are caused by these prolonged exposures to hot temperature and high humidity, increased physical activity, and large amounts of fluid loss due to the sweating process. Two such conditions are heatstroke and heat exhaustion. Heat exhaustion is the first stage an overheated body will enter and some of its symptoms are: cool, moist skin, slow pulse, confusion, and muscle cramps. Heatstroke is a more severe form of a heat related illness and medical attention is required. Its signs are: sudden dizziness and weakness; hot, dry skin; no sweating, and rapid heartbeat. Treatment of these conditions is similar: first move the person to a cool shaded area and elevate the feet, second give the person cold liquids - water being the best. With heatstroke, cool, damp towels can be applied to the body to help aid the bodies cooling process. If the symptoms of heatstroke are apparent get the person some medical attention because this can result in serious injuries. You can lessen your chances of developing these conditions by being in good shape, drinking plenty of fluids before and after exercise, and avoiding exercising in the extreme heat and humidity.

Experts say to try and drink eight or more **12 oz.** glasses of water per day, even if you are not exercising. More water should be consumed for people that are overweight; their bodies work harder to do everyday activities. For the dedicated athlete that decides to exercise in the heat, more water should also be taken in.

By making sure you are sufficiently hydrated and are exercising in a reasonable environment, you should have a productive and safe experience.

For more information, please contact Robert J. Bovee at **(585) 330-0614**.