



HEAT + HUMIDITY = **HYDRATION**



Well, the heat and humidity have finally caught up with us. When working out under these conditions, remember this simple equation: Heat + Humidity = **HYDRATION**.

When exercising in the heat, the primary way the body cools off is by sweating. You can lose up to 1-2 liters of sweat an hour when exercising in the heat. A trained athlete can lose up to 3 liters an hour. (Think of those liter bottles of soft drink you buy!).

The problem with humidity is the sweat cannot evaporate effectively in order to cool the body. Not only can the body become dehydrated, but the possibility of heat exhaustion or heat stroke increases dramatically.

The best way to help your body beat the heat is to maintain an adequate level of hydration. This can best be achieved by drinking before, during and after workouts.

You **MUST** replace lost fluids and electrolytes after you work out. If at all possible, weigh yourself before and after you exercise. Drink 2 cups of fluid for every 1 pound of sweat you lose.

Sports drinks are a good choice of fluid during and after exercise because they contain carbohydrate and electrolytes needed by the body for energy and to replace electrolyte losses from sweating. In upcoming newsletters I will highlight some of the more popular sports and replacement drinks on the market.

Until then, Drink Up!