

## **Sweating it out**

When you get up and start increasing your physical activity you will notice that you are sweating, especially in the summer months that are just around the corner. Sweating is the bodies way to cool itself and regulating your temperature. If you are losing fluid from sweating then it is also important to put some back in, but how much do you need?

When you train your body temperature can rise as much as 3 degrees. Your body's natural cooling system, sweating, then gets to work to combat this. Under extreme exercise and heat stress, a body can lose 1.9 litres of water per hour. If the lost water is not replaced, dehydration occurs and serious consequences may follow.

Now picture your body as the car. Your muscles are the engine, your skin is the radiator and your blood vessels are the water tubes that connect the engine with the radiator. When your cooling system is running smoothly, excess heat from your muscles is drawn into your blood vessels where it circulates to your skin. Evaporating sweat draws heat away from the blood vessels. The cooler blood then re-circulates throughout the body, lowering body temperature. Just by being dehydrated by 4-5% of your body weight will affect your bodies performance by up to 30%. Not only that, the impact of dehydration on the cardiovascular system can produce heart problems in people with coronary heart disease and diabetes. Dehydration can also have negative effects on the kidneys.

Sweating is not the only way in which your body loses water. You can lose through breathing, urinating, and going number twos. This means that you need to drink plenty of water each day. Just putting back in what you lost is not enough. Drink drink drink!! If you are feeling thirsty then it is too late. Your body is already starting to feel dehydrated.

Drink before, after and during exercise. This will keep your body water levels normal and your body working efficiently. If you want to perform then get that fluid into you!

PUSH\_ personal trainers use the latest measuring techniques to monitor these levels. Speak to one of the fabulous PUSH\_ trainers and we can get you on a plan to make your body work its best. Don't forget... Hydration is important so stay wet!

**PUSH THE RIGHT BUTTON**