

Fitness & Function provides in-home and on-location **personal fitness training**, fitness consulting services and community fitness presentations and programs for improved health, fitness, function and quality of life.

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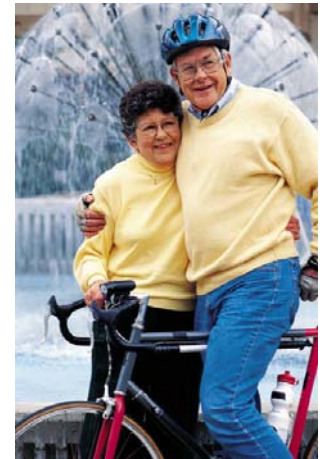
This brochure was specifically developed for the NW Bicycle Safety Council; Senior Adult Bicycle Program.

www.nwbicyclesafetycouncil.org

Have a safe bicycle riding experience, benefiting your health, fitness and quality of life

Hydration and Exercising in Heat and Sun

Tips for Older Adults



Fitness, Health, Function and Performance
On-location training to fit life

HYDRATION

People who are involved in an exercise program for fitness and health can maximize their training efforts and get more out of a workout by learning to fuel their bodies with the right foods and fluids.

Older adults are at increased risk for dehydration and should pay special attention to their fluid intake, especially when exercising with a medical condition such as high blood pressure, diabetes, heart disease and when using prescription drugs (e.g., diuretics and anticholinergics), or having a decreased aerobic capacity (out of shape).

Dehydration can reduce energy and impair performance. Even a 2-percent loss of body weight through sweat (i.e., 3 pounds for a 150-pound exerciser) can spell trouble.

Aging adults have a reduced thirst sensitivity in response to dehydrating exercise in a warm environment and increased water excretion by the kidney. Drink regular, even when you do not have that thirsty feeling.

EXERCISING IN HEAT AND SUN

Begin exercising in heat gradually. For healthy older men and women who maintain a high degree of aerobic fitness, the risk of heat-related illness is not significantly greater than that of young adults.

Recording daily body weight is an excellent way to prevent accumulative dehydration. If 5 pounds of bodyweight is lost after aerobic exercise, this water should be replaced before exercising again the next day. If lost water has not been regained, exercise should be postponed until the body is adequately rehydrated. This is especially important going on multi-day cycling trips.

Hydrate 2 to 3 hours before exercise, active people should aim for at least 2 cups of fluid at this time and an additional cup 10 to 20 minutes prior to exercise.

Drink during workouts. Sports drinks help ward off dehydration and muscle cramps because they help replenish both fluid and electrolytes (sodium and potassium).



Appropriate Clothing

Always wear light-weight, well-ventilated clothing. Cotton materials are cooler and soak up sweat readily and allows evaporation, however, cotton is a poor choice when exercising in the cold, chilling can occur quickly if the body surface is wet with sweat and heat loss continues.

Synthetic materials such as nylon, dry-fit, polypropylene are excellent choices as they wick sweat away from the body.

Wear several layers of clothing so that you can remove and replace clothing as needed.

Heat exhaustion and heat stroke are the result of inadequate circulatory adjustments to exercise paired with fluid loss.

Additional tips:

- Wear sunscreen
- Identification
- First Aid Kit
- Expect the unexpected