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Winston Churchill

Alter your workout routine keeping weather in mind

Continued from pg. 5

• If you become soaked by either rain, snow or sweat, stop and get indoors. Don't risk hypothermia; there is always another day to exercise.

In hot weather, a different set of precautions is necessary to keep a workout working for, and not against, your health.

• A hot day is one thing, but heat coupled with high humidity can be dangerous. Sweat will not evaporate effectively on humid days, making heat exhaustion a real possibility. If the heat index (combination of heat and humidity) is over 92 degrees, postpone the workout until a cooler time of day.

As far as clothing goes, the less the better when exercising in heat. Again, avoid cotton and natural fibers that keep moisture against the skin. Remember that light colors reflect heat while dark colors absorb it; so sacrifice a bit of fashion to keep cooler.

• Use all available means of sun protection. Keep your eyes protected with either sunglasses or a visor, and generously apply a sunscreen of 45 SPF or more.

• Drink water before, during and after exercising in the heat. Eight ounces before, and approximately every half-hour during exercise is recommended, with 16 ounces to be taken after cooling down.

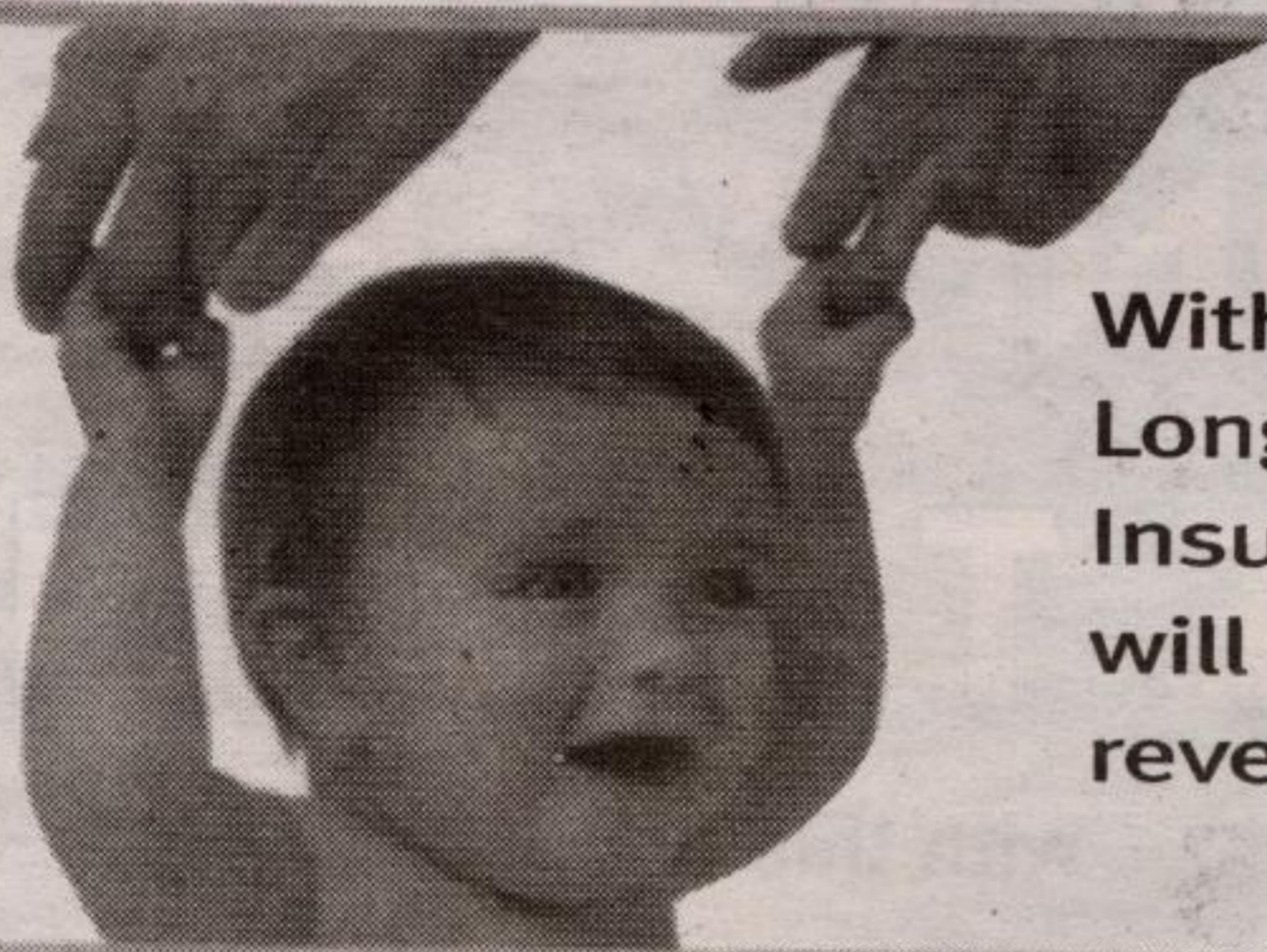
• If at any time you feel dizzy, nauseous, or develop a headache, stop at once. These are early symptoms of heat-related illness. Lie down in a cool, shaded spot and sip water until you feel well enough to go home. Avoid heating your body for the rest of the day.

—By Daniel Aspell, special

How to help your bones

- Turn that coffee into a café latte
- Get off the bus two stops early and walk the rest of the way home
- Quench your thirst with milk or a calcium-fortified beverage
- Use the stairs instead of the elevator or escalator
- Just 15 minutes of summer sun each day should provide you with all the vitamin D you need
- Try tofu or yogurt in your salad dressing instead of mayonnaise — or add almonds, sesame seeds or beans to boost your calcium intake even more
- Quit smoking
- Park at the far end of the mall parking lot and walk to the entrance
- Talk to your doctor or pharmacist about adding a calcium supplement, like TUMS to your daily routine if you can't get enough calcium in your diet
- At your next check-up, ask your doctor about your risk of osteoporosis

—News Canada



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Graham Baker
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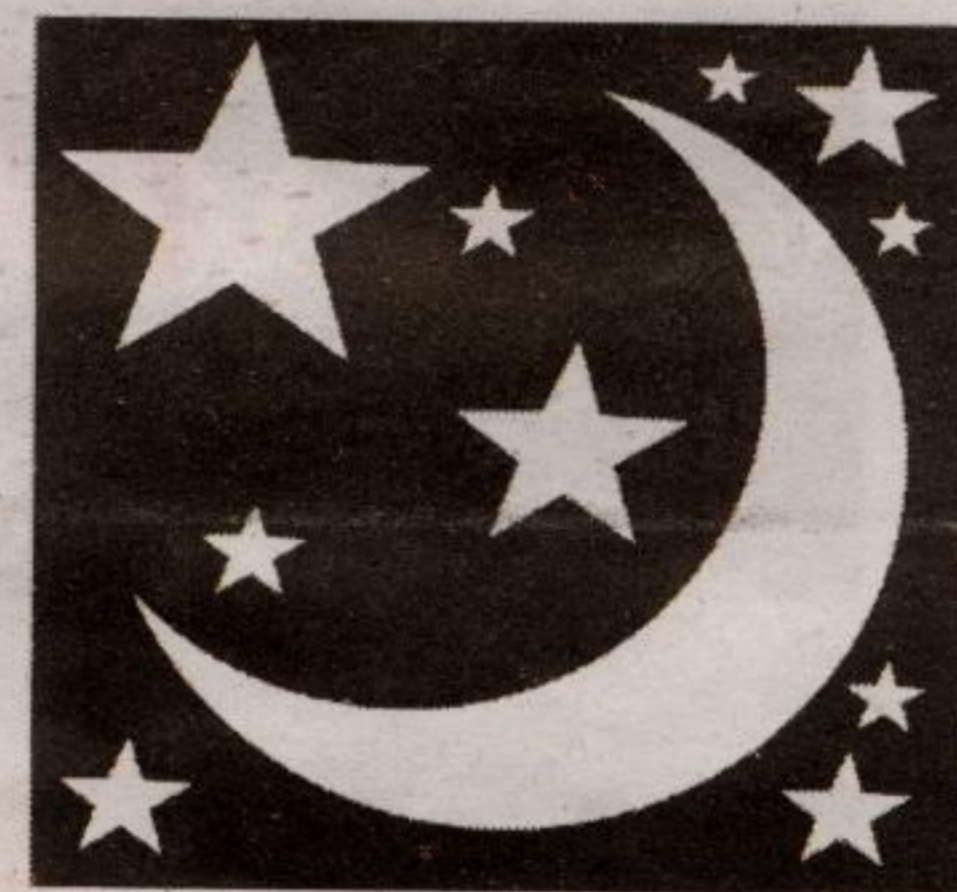


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