

Health

St. John Ambulance Brigade helps community

Members are there from the time the person's injured until the time ambulance comes

By **LISA CARTWRIGHT**
Advertising Features

The St. John Ambulance Brigade is there for the community when needed. "Whether the need is small like the Markham Fair or great like a region-wide disaster," the Brigade will be there, says Tarmo Unkkivi, marketing representative of York Region.

The Brigade is a group of volunteers who go out to different community events such as company picnics, sporting and cultural events to help people who are sick or injured.

"It's a bridge from the time the person is first injured until the time the provincial ambulance picks the person up."

The Brigade also participates in seminars for non-profit groups.

"We give away knowledge," he says.

Adults who are interested in joining the brigade must sign up for a course that teaches them advanced first


aid, CPR as well as different aspects of the organization such as health care, he says.

People who are interested can call 1-800-268-1677. There is also a Markville Cantonese division - a brigade that does everything in Cantonese.

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Other courses available from St. John Ambulance

St. John Juniors for people aged eight to 10; **St. John Cadets** for people aged 11-15 or **St. John Crusaders** for people aged 16-20.

Courses: basic to advance first aid, basic to advanced CPR for infants, children and adults, custom-designed courses and more.

For details: 1-800-268-1677

Avoid dehydration while exercising

If fluid isn't replaced before, during and after exercising, dehydration can occur. Dehydration causes fatigue, cramping and a decrease in athletic performance, says Paula Harron, registered dietitian at Markham Stouffville Hospital.


"Even a one per cent loss due to dehydration can lower physical performance."

To make sure people have enough fluid they should drink up to four cups of water or juice before exercising. While water is the most beneficial fluid to drink during exercise, diluted sports drinks and fruit juices can also be consumed.

Drinks with too high a carbohydrate concentration, can cause cramping and the slows the absorption of water.

Other drinks to be avoided are those with caffeine or alcohol.

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