

Rec. Center

Fitness Newsletter



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Fitness Fact of the Month! Having trouble starting an exercise program? Recognize that striving for constancy is normal and natural but all great success comes from trying something new and different. Be willing to take a chance. Start exercising now!

Exercising in the Cold

The biggest concern for exercising in the cold is hypothermia, or too much heat loss. When you exercise in a cold environment you must consider one primary factor: how much heat will your body lose during exercise?

Heat loss is controlled in two ways; insulation, consisting of body fat plus clothing; and Environmental factors, including temperature, wind and whether you're exercising in the air or in the water. Each of these factors plays a role in the body's ability to maintain a comfortable temperature during exercise.

One study showed that heat loss from the head alone was about 50% at the freezing mark, and by simply wearing a helmet subjects were able to stay outside indefinitely.

By wearing clothing in layers you have the ability to change the amount of insulation, but avoid heavy cotton sweats or tightly woven material that will absorb and retain water. Choose clothing that can trap air but allow sweat to pass through away from body.

Keeping that hands and feet warm is a common concern/ Lower temperatures cause blood to be shunted away from the hands and feet to the center of the body to keep the internal organs warm and protected. Blood flow will not return to the feet unless the temperature of the torso is normal or slightly higher. So, to keep your feet warm you must also keep the rest of your body warm.

If you are exercising when the wind chill factor is below minus 20 degrees you should also warm the air being inhaled by wearing a scarf or mask over your nose and mouth.

Remember, keep your head, hands and feet warm and dress in layers.

JOG YOUR BONES STRONGER

Joggers have it made. Not only do they tend to weigh less, be nonsmokers, have fewer chronic health problems and enjoy better overall health than their non-jogging peers, they have stronger bones as well.

These are the findings of a recent study of 4,254 black, Mexican-American and white males that took part in the National Health and Nutrition Examination Survey. Those who reported jogging at least once per month (about 900 men) had higher bone density than their sedentary counterparts. And those who jogged nine or more times per month had the greatest bone density. In this case, more may not necessarily be better, as those who reported jogging 20 or more times per month had about the same bone density as the less frequent joggers.

Source: American Journal of Public Health
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