

Hydration for exercise

Water is probably the most essential ingredient to a healthy life with proper hydration especially important during exercise. The longer and more intensely you exercise, the more important it is to drink the right fluid.

In recent studies it was found a loss of two or more percent of one's body weight due to sweating, drops the blood volume and makes the heart work harder. This can cause muscle cramps, dizziness and fatigue.

Dehydration can be caused by inadequate fluid intake. Contributing factors include sweating excessively, failing to replace fluids during exercise, exercising in hot dry conditions and drinking only when thirsty.

The difficulty lies in the fact all individuals are different, therefore it is nearly impossible to provide special recommendations about how much a person should consume.

There are, however, two simple methods of estimating adequate hydration. Dark coloured, concentrated urine probably means you have dehydration so monitor urine volume and colour. Any weight loss after exercise is likely to be from a lack of fluid. Weigh yourself before and after exercise and replenish fluid loss.

A general guideline is to drink about 15 – 20 fl oz two to three hours before exercise, 8 – 10 fl oz every 10 minutes during, and after exercise replace fluid loss by drinking 20 – 24 fl oz for every pound in weight loss.

If, however, you are exercising over 3 – 5 hours (marathons, triathlons Ironman etc) you should add a complex sports drink.



Get motivated... get a trainer

Using a personal trainer to get fit is a great idea. It's hard to stay motivated, and it's even more difficult to stay on top of all the new ways to exercise and keep fit. You will have to shell out a few more pounds per month to stay, or get fit, but it will be well worth it for your health and lifestyle.

A personal trainer can talk with you about your goals for health, and target ways to get you to achieve it. They can also evaluate your strengths, and where you need improvement by doing a personal assessment test, before you begin an exercise regime. That helps with eliminating injury and frustration because it's hard work to know where to begin if you're out of shape. They will introduce new types of exercise to target your goals and will sometimes notice special talents to be developed for a particular sport. You may just find a new hobby or career by using one!!

Another great facet about using one is that many gyms in the country employ personal trainers that can meet you on your basis at just about any hour of the day, offering encouragement by positive feedback and monitoring your progress. Using one means you've taken on the responsibility to make yourself healthy and you can help with the training by committing yourself to show up for every session. They are not your slave drivers, but they are there to push you on and up.

A personal trainer can help you by telling you what type of diet would help, and what other type of exercise you can do at home that will supplement their instruction. They can lead you to other types of classes such as aerobics that will enhance your overall performance on getting fit.

Remember to stick with your goal of staying healthy. Your personal trainer can't force you to keep appointments, make you eat right, or even to follow an exercise routine at home; only you can do that. It's your health, your time, and your cash that you're forfeiting if you don't use your trainer to your full advantage. You can do it; it's just a matter of training your mind, body and spirit to get the healthy lifestyle you've always wanted.

Birth and Beyond

Scott Brady, who runs Fitness Beyond, is one of Aberdeen's most respected and successful personal trainers and has a proven track record with many clients keen to give testament to his achievements.

After becoming pregnant last year, Nicole had to reduce her activity time and cut out any high intensity sessions at the gym. For someone who has always kept a fairly active lifestyle, this was a complete change for Nicole and definitely a period of adaptation.

Before Nicole gave birth, she met up with Fitness Beyond and together they started to think ahead and plan for the time when she could start exercising again.

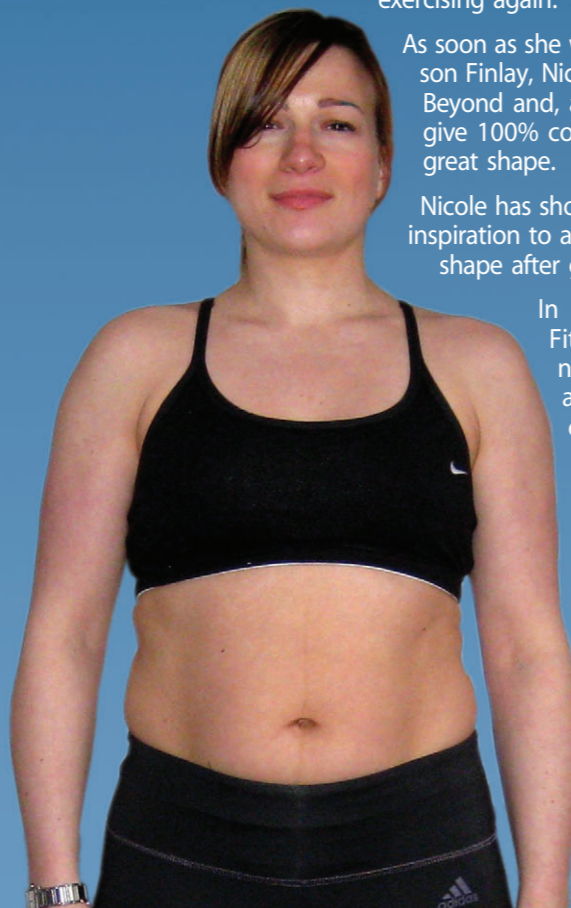
As soon as she was fit and able, after the birth of her son Finlay, Nicole started back training with Fitness Beyond and, as determined as ever, she began to give 100% commitment to getting herself back in great shape.

Nicole has shown fantastic determination and is an inspiration to anyone who is trying to get back into shape after giving birth.

In an initial consultation meeting, Fitness Beyond will establish your needs, analyse your weight and health and fitness goals and ask you to complete a medical questionnaire.

Based on your needs, Scott will complete a plan specifically to achieve your goals whether it is body transformation, a last minute sprint before a holiday or wedding, or a top-up training session for those who just need a little guidance from time to time.

Check out the website at www.fitnessbeyond.co.uk and see how you can be transformed like many of Scott's satisfied and healthy clients.



No fun in athletes fungus

Athlete's foot is a very common fungal infection of the foot. Growing best in warm moist places such as shoes, socks, locker rooms and public showers, its symptoms vary from person to person.

There are two common types – Interdigital which occurs between the two smallest toes and Moccasin which can begin with minor irritation but may advance to thicken and crack the skin, often infecting the entire sole of the foot.

The best way to diagnose the infection is to have your doctor scrape the skin and examine the scales under a microscope.

Athlete's foot can be treated, in most cases, with antifungal medication but severe cases may require oral medication.

Drying the feet thoroughly and using a foot powder can help prevent this irritation as can wearing sandals in the community shower areas, wearing shoes that allow the feet to breathe and daily washing of the feet with soap and water.

What's an allergy?

An allergy is an adverse reaction to a protein in our environment, such as those found on pets, and in pollen or nuts. These proteins are called allergens and are normally harmless.

In people with an allergy, the body reacts to a specific allergen by releasing histamine from mast cells in the skin, lungs nose or intestine. This causes inflammation and swelling.

Symptoms can include itchy skin, tissue swelling and wheezing. In severe cases it can lead to full-blown anaphylaxis or even death.

Common allergic diseases include hay fever, asthma, eczema and urticaria.

Factors that may promote allergies include:

- Birth by caesarean section
- Frequent courses of antibiotics
- Coming from a smaller family, with just one or two children
- Passive cigarette smoke inhalation
- Being overweight – obese children are more prone to asthma

Can it be avoided?

A number of factors reduce your risk of developing allergies:

- Being born into a family with no history of allergies
- Being breastfed exclusively for the first four months of life, with a mother who avoids egg, nuts and cow's milk while breastfeeding
- Early exposure to good probiotic bacteria in the infant diet
- Plenty of vitamins C and E, and omega-3 polyunsaturated oils
- Having two or more older brothers and sisters
- Living on a livestock farm and getting gubby playing in the farmyard