

Wellness Topic

Environmental Influences

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- The surroundings or conditions in which a person operates.
- Weather and/or climate can be a potential risk factor in personal health and fitness.
- During physical activity in extreme heat you may perspire so heavily that it can affect your fluid balance and you may experience dehydration.
- Heat cramps can be minimized by drinking plenty of fluids before and during physical activity.
- Heat exhaustion could occur if the body becomes overheated. Symptoms include cold, clammy skin and symptoms of shock.
- Heat Stroke occurs when the body can no longer rid itself of heat through perspiration.
- Acclimatization is achieved after five to ten days of light workouts in the heat.

Hydration

- Staying hydrated is essential for everyone, but athletes have an even greater need to maintain proper hydration. Water is the most important nutrient for life and has many important functions including regulating temperature, lubricating joints and transporting nutrients and waste throughout the body.

Dehydration

- Body fluid loss

Altitude

- With any altitude change, drink more water.
- Avoid caffeine.
- Have altitude medicine available.