



August 17, 2009 – Grand Rapids, MI

Three Pounds

A week ago, I wrote about the 100-degree heat in Austin and why you should increase fluid intake when it's hot. If you're really working hard, it doesn't even have to be exceptionally hot.

A couple of days ago I ran a little over five miles. The temperature when I left was 60 degrees and 65 when I returned. The humidity is typically high at seven a.m. in Grand Rapids, and that day it was over 60%. I weighed myself before the run and after. I wasn't really done sweating when I weighed in, but I had lost a little over three pounds. That's over 48 ounces of fluid, and believe me, I don't run that fast. Can you imagine how much fluid you'd lose even if you simply walked for 30 minutes but the temperature was over 80 or 90 degrees?

As we approach the last gasp of summer, please watch your fluid intake. If your children are involved in sports, it's even more important that they get fluids with electrolytes such as sodium and potassium. Many schools weigh their athletes before and after practice to make sure they re-hydrate; that's an excellent policy. I think you should do the same thing. Heat exhaustion and heat stroke are no fun at all.

And on another note, check out the new Research Update on taurine, an amino acid in energy drinks that's the latest additive stirring things up on the web.

What are you prepared to do today?

Dr. Chet

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