

Fitness & Sports

Sports line

Women's softball: Sign-up for the Charleston AFB women's softball league will be extended until July 28. All interested players are urged to continue signing up at the Fitness and Sports Center.

Eligible participants are active duty, reservists, Defense Department and Non-Appropriated Fund employees and spouses assigned to Charleston AFB. Additionally, coaches can also apply. There is no entry fee.

Umpires and trophies will be provided by the Fitness and Sports Center. According to sports director Eddie Goad, the CAFB sports program wants a minimum of four teams to proceed with organizing the league.

Games will be played once or twice a week beginning at 6 p.m. For more information, call 963-4321.



Heat can beat you during warm weather workouts

It's summertime and many people are taking advantage of the warm weather by running outdoors.

But, according to the American Council on Exercise, the heat may beat them before they have the chance to finish the first mile. Only fifteen minutes into a run, a person's body temperature could be as high as 5° F above normal and continuing could bring on fatigue and heat illness.

Strategies to protect yourself from heat illness

Drinking enough fluid, whether it be water or a sports drink, is imperative for exercising in hot or humid weather.

Maintenance of body fluids is essential to maintaining proper body temperature. Sweat dispels heat through skin. If people let their bodies become dehydrated, it will be much more difficult to perform even the lightest of workouts. People shouldn't wait until they're

thirsty to start replenishing those fluids. Chances are, by the time they're actually thirsty, their bodies are well on their way to becoming severely dehydrated.

ACE recommends the following strategies to help prevent heat illness:

1. Hydration

Fluid replenishment before, during and after exercise is essential to avoid progressive dehydration. Always consume more fluids than you think you need before and after exercise, and strive to drink 6 to 8 ounces of fluid every 15 to 20 minutes during exercise.

2. Exercise Intensity

Reduce the intensity of your workout, especially the first few times you are exposed to higher temperatures.

3. Temperature

Use the heat stress index table to determine the risk of exercising at various combinations of temperature and humidity. While a 90° F outdoor

temp is relatively safe at 10 percent humidity, the heat stress of 90° F at 50 percent humidity is the equivalent of 96° F. When the heat stress index rises above 90° F, you may want to consider postponing your exercise session until later in the day. Or, plan ahead, and beat the day's heat by working out early in the morning.

4. Fitness

Physical training and heat acclimation can increase your blood volume, helping to regulate body temperature more effectively. The acclimatization process can be completed in seven to 14 days of repeated heat exposure. However, you must always continue to drink fluids before, during and after exercise.

5. Clothing

Wear minimal clothing to provide greater skin surface area for heat dissipation. Your clothing should be lightweight, loose fitting, light colored to reflect the sun's rays, and of a material that

absorbs water, such as cotton.

6. Rest

Know when to say "no" to exercise. Using common sense is your best bet for preventing heat stress when mother nature turns up the heat.

For free information on additional summer health and fitness topics, log onto the ACE Web site at www.acefitness.org.

The American Council on Exercise is a nonprofit organization dedicated to promoting the benefits of physical activity and protecting consumers against unsafe and ineffective fitness products and instruction.

As the nation's "workout watchdog," ACE conducts university-based research and testing that targets fitness products and trends. ACE sets standards for fitness professionals and is the world's largest nonprofit fitness certifying organization.

For information on ACE and its programs, call (800) 825-3636 or log onto the website.



Heat stroke

Steven Wright, son of Master Sgt. Daniel Wright, 437th Aircraft Generation Squadron, drives one down the fairway at the Wrenwoods Golf Course Wednesday. Wright and the rest of his foursome didn't let the hot temperatures keep them from enjoying a round of golf. Temperatures around the base have steadily been hovering around 100 degrees. To schedule a tee time at the base golf course, call 963-4174.

Senior Airman Jason Smith

Fitness facts (and myths)

■ **Fact or myth?** A food that is labeled "98 percent fat-free" contains two percent of its total calories from fat. **MYTH.** The 98 percent fat-free claim refers to the weight of the food, not its calories. If food is labeled fat free, it contains three grams of fat or less per serving. Read the Nutrition Facts label for fat grams.

■ **Fact or myth?** Fresh vegetables and fruits contain more nutrients than canned or frozen. **MYTH.** There is little difference, depending on the handling of the produce. Canned and frozen produce is generally processed at their peak and may contain more nutrients than fresh produce. However, canned or frozen produce may have added sugar or salt, which is something to consider before buying it.

■ **Fact or myth?** People are not born with a preference for salty flavors. **FACT.** Preferences for salty foods are learned. If you slowly cut down sodium intake, your desire for salt will decrease.

■ **Fact or myth?** Your stomach shrinks when you eat less. **MYTH.** Your stomach expands to handle large amounts of food. As the food moves through your digestive system, your stomach returns to its normal size and stays there until your next meal.

■ **Fact or myth?** Foods grown with organic or natural fertilizers have no more nutrients than those grown with synthetic fertilizers. **FACT.** Plants cannot tell the differences between types of fertilizers. Factors such as climate, crop handling and maturity at harvest affect the nutrient content of fruits and vegetables.