



# NEW ENGLAND FUNCTIONAL FITNESS

## The Gym Rag



## nutrition seminar



NEFF will host a seminar featuring Registered Dietician Nicole Maslar from Pyramid Nutrition Services. Maslar will cover basic nutrition guidelines and how to enhance your health and exercise through proper nutrition. *The seminar will be hosted at the NEFF facility on Wednesday, July 24, 4:30 - 5:30 p.m.* If you are interested in coming, please let your coach know so we can get a head count.



Nicole Maslar, RDN, LDN

### Monthly trivia

June's answer:

The modern Olympic era began in 1896

July's question:

The amount of work you do in a given workout is called what?

**Client Appreciation/  
5 year anniversary  
Saturday, Sept. 21**

## Coach Jules is on the move

After two-and-a-half solid years at NEFF, Coach Jules is announcing her departure.

I know what you're thinking: "Thank GOD she's leaving!" I'm sure you all are very tired of cursing my name after your workouts as the muscle soreness creeps in and the idea of going to the bathroom brings tears to your eyes because getting up off the toilet shoots daggers through your legs. Don't worry, my ears have rung plenty throughout my time here from all of the inevitable death wishes emitted through the universe in my honor.

I'm just kidding. In all seriousness, I have loved my time here and have come to call NEFF home. Of all the gyms I've worked at - and I've been around in my career - I know that NEFF does it right, and I know that NEFF is here to make your lives better. As a result, mine has become richer from being able to work with all of you and to be part of this community.

Now I'll address some sure-to-come FAQs. First, where am I going? Holyoke Medical Center cardiac rehab - something I've always wanted to do. When will I be doing that? Friday, August 2 will be my last day at NEFF, and I will be taking a little bit of time off with my wife and pup for a nice little reset.

This is bittersweet, as I truly love the NEFF community, and I am so lucky to have been able to work here with two amazing bosses and three incredible coaches. I have loved spending time with all of you, but I had better not see you in cardiac rehab!

# Exercising in the **HEAT**

Piggybacking off of last month's issue about hydration, we want to talk about how your body adapts to and interacts with heat. With hotter days surely ahead, now is the time to understand the best ways to keep ourselves cool and to make sure we don't find ourselves in dangerous situations.

## Methods of heat transfer:

### Conduction

Heat is transferred from a warmer object to a cooler one through touch. If you hold an ice cube in your hand, it melts because the heat from your hand is being transferred to the ice, raising its temperature, and causing it to melt.

### Convection

Cooler fluids like air and water will take heat away from a warmer source, like skin.

### Radiation

Heat is transferred without any medium from a warmer source to a cooler one. Asphalt absorbs heat that is radiated from the sun, and that heat radiates into the surrounding area, making a hot day feel even hotter!

### Evaporation

Sweat. Changing water from liquid to gas requires a lot of energy (heat), so when your sweat evaporates, it takes heat away from your skin.

## Be prepared!

Apply sunscreen and wear light clothing that is breathable so your body heat can escape. Also remember to *stay hydrated*. The more you sweat, the more you will have to drink to replace those fluids!



## Signs of extreme overheating

Heat exhaustion occurs when your core temperature is raised and your body cannot dissipate the heat quickly enough. Symptoms include heavy sweating, rapid pulse, dizziness, and faintness, among others. If you experience any of these symptoms you are advised to move to a cooler place if you are able and apply as many cooling mechanisms as you can (cold bath, wet towel, fan, etc.)

Heat stroke is very serious and occurs when the body can no longer cool itself down and core temperature continues to rise. People experiencing heat stroke sometimes stop sweating. It is imperative to seek medical attention immediately if you think someone might be having a heat stroke.



## How do we regulate our temperature?

Training can alter your core temperature, which on average sits at an average 98.6°F or 37°C. When a change is detected (via hypothalamus), your blood vessels will dilate (vasodilation) allowing for greater blood flow. Blood stimulates sweat glands which help bring sweat to the surface of the skin.

## How does heat affect your body during exercise?

Higher skin temperatures can reduce your oxygen uptake (VO<sub>2</sub>max) and power output. Blood is shunted away from muscles in favor of the skin to open sweat glands. Your body's first priority is to cool down.

## COOL TIP

Stay in shaded areas as often as possible and take more frequent breaks and use a wet rag to keep your skin cool.



**As always, none of this is medical advice. Please consult your doctor if you have specific concerns regarding your health.**