

HEALTH & FITNESS

Water: nature's perfect resource

Water Facts

Water makes up approximately 70-80 percent of baby's bodies and 50-60 percent of the bodies of the elderly. Our brain is 85 percent water and bones are between 10-15 percent water. Water acts as a lubricant for organs, joints and digestion, and it allows enzymes, hor-

mones and coenzymes to be transported and utilized throughout the body. Water also helps to decrease the burden on the kidney's ability to filter body fluids. A 150-pound man will consist of 10 gallons of water. Women generally have slightly less water than men due to a slightly higher percentage of adipose (fat) tissue, which does not store water as readily. Studies have shown a 10 percent reduction in performance, as well as a decrease in mental sharpness, when players are dehydrated.

Dehydration

Dehydration occurs from insufficient intake of water. Symptoms of dehydration include: extreme thirst, irritability and confusion, very dry mouth, skin and mucous membranes, lack of sweating, little or no urination, low blood pressure, rapid heartbeat, fever, delirium or unconsciousness. Dehydration occurs

more frequently in athletes, but can also

affect the general population as well. Since we live in a dry climate a mile above sea level, our need for water is increased. Dehydration occurs primarily due to sweating, but we also lose water when we breathe. The combination of exercise, heat and altitude greatly increase our need for water.

During the period from 1999-2003, the CDC reported that a total of 3,442 deaths from heat exposure occurred. Of these deaths, 35 percent were recorded as hyperthermia or overheating. The data showed that more than 50 percent of these deaths were in individuals aged 15 to 64 years.

Staying hydrated

Consume a minimum of 64 ounces of water or 2 liters per day. If you exercise in the heat of the summer, you should consume 16 ounces of water per hour during exercise. One of the best ways to determine how much water you should replace after exercise is to weigh yourself before and immediately after exercise. The amount of weight lost is water and needs to be replaced; one pound equals 16 ounces of water.

Tips

- Make sure coaches understand the importance of water during summer workouts.
- Leave water along the route of your

long runs or have places to stop and get water.

- Plan your long bike rides to pass campgrounds with potable water, convenience stores, or carry extra water with you.
 - Drink water (not pool or lake) during long swim workouts.
 - Drink water when exercising for less than two hours. Sport drinks can actually increase your chances of dehydration if the amount of electrolytes in the body is greater than the water sweated out. You will want to utilize some sort of electrolyte replacement for sessions lasting over two hours.
- Always replace water you have lost during workouts. It is very important to recovery.
- For more information visit these Web sites: cdc.gov or mayoclinic.org.

Surveyor Columnist



Jeff Bruno D.C.

Anatomy of a running shoe

Recreational and elite runners often run more races during the summer than any other time of the year. If you're a Berthoud runner, you most likely ran in the Bob Turner Classic and the Habitat for Humanity 5k Races. If you're like me, you've run in both races and haven't purchased a new pair of running shoes since last summer.

Larry Lucero, sales associate at the Runners Roost of Ft. Collins, states that, "a running shoe usually lasts for about 400 miles." So, if you wear your running shoes everywhere or haven't purchased a pair since last summer — like me, you may need a new pair. (Mention you read this article in the Berthoud Weekly Surveyor and the Runners Roost of Ft. Collins will give you a 10 percent discount on your running shoes and apparel.)

Unlike a pair of boots, running shoes should not be "broken in." They should feel comfortable at the store and during your first run. Plan on spending 20 to 30 minutes trying on a minimum of three to five pairs of running shoes. The following guidelines will assist you in finding the perfect pair of running shoes for your feet and help alleviate knee pain, plantar fasciitis and even low back pain.

Locate a running shoe store with a knowledgeable staff — who run. Bring in a pair of older running shoes so the salesperson can see the wear pattern of the shoe.

Try the WetTest as mentioned on www.runnersworld.co.uk/news/article.asp?UAN=481.

Shop for shoes in the afternoon when your feet tend to swell or after a run.

Measure your feet standing; the weight bearing position allows your feet to expand.

Wear your running socks when you try on new shoes.

Fit shoes to your longest and widest foot.

Are the shoes long enough? There should be a thumb's width between your longest toe and the end of the shoe.

Always try several different brands of shoes.

Try both shoes on and take a brief

run in the store or outdoors if permitted.

Running shoes should be snug but not tight and should not slip in the heel or forefoot region.

Sales clerks often talk using running shoe lingo, such as, "Since you pronate when you run, I recommend a shoe with a straight last." Or, "You may want to purchase a shoe with more cushion in the midsole and less flexibility in the heel counter." Understanding "The Anatomy of a Running Shoe" will help you make an informed decision about the best shoe for your feet. Anatomy of a running shoe tips are provided below.

Heel Counter — It is an inflexible material found in the upper that cups the heel and can control motion of the rear foot.

Last — The shape of the footprint the shoe is built around. The last can be semi-curved, curved or straight. The majority of the population pronates (rolls the foot in), so look for a shoe with a straight last. If you supinate (roll your foot out), try on a shoe with a curved last. And, if you're foot supinate or pronate, try on a shoe with a semi-curved last.

Post or Footbridge — A firm material located in the midsole of the shoe that stabilizes the arch or inner portion of the footbridge.

Toe Box — The area in the front of

the shoe; where the toes fit.

Upper — The most colorful part of the shoe, made of breathable material, that wraps around the foot.

Insole — The bottom inside of the shoe that contacts the foot directly.

Midsole — Is located between the outsole and the upper and is considered the most important part of the shoe since it provides the cushion for the feet.

Outsole — The bottom or undersurface of the shoe, usually made from carbon rubber, provides traction when running.

Vamp — Shoe laces are found in this area. Lacing patterns affect the shoe's fit. If you have narrow feet, talk to your sales associate about how you can improve the fit of the shoe by using a specific lacing pattern.

In Shape



Surveyor Columnist Caroline Creager

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