

How to exercise safely on hot summer day

QUESTION: Why may vigorous exercise under a hot summer sun dangerously elevate body temperature? What can be done to reduce this?

Exercise when the environmental temperature or humidity is high can lead to heat stress. Such stress places excessive demands on the circulation and other body mechanisms as they attempt to remove the heat generated by the environment and the increased metabolism of exercise.

The body has a marvelous thermoregulatory mechanism to prevent dramatic increases in temperature. A substantial portion of the blood flow is diverted from the core or center of the body to the surface (skin) where it is more easily cooled. This is the reason underlying the flushed appearance of the skin on a hot summer day.

In addition, the evaporation of sweat on the skin serves as powerful mechanism to cool the body. Remember: It is not sweating that cools the body, rather the evaporation of sweat into the atmosphere.



fitness

Barry Franklin

Malfunctions in the temperature regulations mechanism can result from excessive body water losses or high humidity which decrease the effectiveness of the sweating response. Excessive water losses reduce the magnitude of sweating.

With high humidity, very little sweat is actually absorbed by the moisture-laden air, and the sweat merely rolls off the body.

As a result, body heat tends abruptly to increase, driving body temperature upward. Heat stroke and related complications may occur.

YOU CAN DO several things to help reduce heat

stress when working or exercising in hot or humid environments:

1. Maintain salt-water balance by drinking plenty of cool fluids (either water or a weak salt solution) before, during and after activity.
2. Exercise during the cooler parts of the day, preferably when the sun's radiation is minimal (early morning or early evening).
3. Decrease exercise intensity and duration at high temperatures and/or relative humidity. Find a cool place for rest periods.
4. Wear minimal amounts of clothing to facilitate cooling by evaporation. Porous, light-colored, loose fitting clothing is ideal (e.g. a T-shirt and running shorts). Rubberized sweat suits, often worn to "enhance weight loss," block sweat losses by evaporation and thus deprive the body of its normal mechanism for cooling. Severe heat stress may result.
5. Allow the body to partially adapt to heat

through repeated gradual daily exposures. An increase in the body's circulatory and cooling efficiency (called acclimatization) generally occurs in only eight to 14 days. Following this brief period, the body is far better able to cope with extremes in heat and humidity.

6. Finally, don't be too stubborn to quit when you feel the symptoms of heat stress such as dizziness, confusion, cramps, clammy skin.

Each year needless deaths result from heat stroke. Many of these deaths occur among high school and college athletes initiating vigorous training programs, or among long distance runners. Don't be a heat stroke casualty this summer.

The writer is co-director of cardiac rehabilitation and physical fitness at Sinai Hospital and assistant professor of physiology at Wayne State University. He resides in Farmington Hills.

Unity is word from state GOP

Gov. favors Reagan-Bush ticket; minority business aid opposed

By TOM LONERGAN

"When Brooks Patterson and I stand on the same side of an issue, there's a good chance of party unity," former U.S. Sen. Robert Griffin told about 1,920 delegates at last week's Republican State Convention in Pontiac.

John Gnaul of Bloomfield Hills — the choice of Griffin and Oakland County Prosecutor L. Brooks Patterson for national committeeman from Michigan — lost.

Nevertheless, a "unity" theme appeared to prevail between party



John Gnaul was defeated in his bid for national committeeman spot.

moderates, who had backed George Bush's unsuccessful presidential bid, and conservative Reagan supporters, a minority in the state GOP delegation due to Bush's Michigan primary victory last month.

Ronald Reagan, former California governor, is considered a shoo-in for the Republican presidential nod at the July 14-18 national convention in Detroit.

State Republicans last week selected 82 national convention delegates — 53 pledged to Bush and 29 to Reagan — besides electing a national committee and committeewoman.

GNAU, VICE chairman of the Oakland County Road Commission and Reagan's state campaign coordinator, was defeated, 1,017-885, for committeeman by Grand Rapids businessman Peter Secchia, a self-styled independent. Both ran without Gov. William Milliken's endorsement.

Secchia, who backed former Texas Gov. John Connally's short-lived presidential campaign earlier this year, is president of Universal Companies Inc. of Grand Rapids and owner or part owner of a number of western Michigan restaurants. An ally of former President Gerald Ford, Secchia will replace Peter B. Fletcher of Ypsilanti on the Republican National Committee.

GNAU'S SUPPORT of Nancy Gado-la, a conservative Genesee County commissioner who lost the national committeewoman's race to Milliken-backed Ranny Riecker of Midland, apparently cost him the governor's backing in the committeewoman race.

The fact that I hung in for Nancy Gado-la did not help me in some of the districts," Gnaul said Saturday. He said he could have had Milliken's support had he backed Ms. Riecker, committeewoman for the past 10 years.

"I felt obligated to Nancy Gado-la," Gnaul said, because of her early support for Reagan.

Milliken said Saturday that Ms. Gado-la's election "could have been very divisive."

Ms. Riecker defeated Ms. Gado-la, 1,051-858, carrying 13 of 19 congressional districts. Suburban districts generally backed Ms. Riecker — including the 19th Congressional District in Oakland County, the 17th in Oakland and Wayne, the 15th in western Wayne, and the 2nd in northeast Wayne, Washenaw and Monroe.

Ms. Gado-la won District 12, which is predominantly Macomb County, but includes the city of Rochester and half of Avon Township in Oakland County. Secchia won 10 of 19 congressional districts, including the 2nd, which covers Plymouth and Livonia; the 15th, in-



Peter Secchia will replace Peter B. Fletcher of Ypsilanti as Republican National committeeman from Michigan. Secchia backed former Texas Gov. John Connally earlier this year.

cluding Westland, Garden City and Canton Township and the 17th (Southfield, the Farmington area and Redford Township).

Gnaul won by a big margin in the 19th, his home district which includes Birmingham-Bloomfield, West Bloomfield and western Avon Township. He was a one-vote winner in the 18th, which includes Troy and southeast Oakland County, and a 2-1 winner in the 12th.

The candidates' styles are a lesson in political tactics. Secchia's nominating speeches were made by men and women, with one by a 20-year-old, from the Upper Peninsula to southern Wayne County. Gnaul's speakers were all males in their 40s and 50s. Two, Patterson and state Sen. Donald Bishop, R-Rochester, were from his home county of Oakland.

Ken Kelsey, campaign aide to state Sen. R. Robert Geake, R-Northville, described Secchia admirably as "a street fighter."

He recalled 1977 when Secchia brought a busload of volunteers in to help Geake win a special election.

REAGAN BACKERS received a stronger pledge of support from Milliken, who said in a prepared speech:

"I intend to work hard in the months ahead . . . for the unity and strength that will assure us victory in the fall."

In post-convention comments to reporters, Milliken said, "I'm a party man, and I'm going to support the nominee. We're going to have a united ticket in Michigan."

Milliken, who's support for Bush helped the former Texas congressman win the Michigan primary, said he hopes Reagan selects Bush as his running mate.

Gnaul called Milliken's speech a strong statement and predicted the governor "will bend over backwards" for a Republican win in the fall.

However, Ms. Gado-la said the speech was "purposely couched in terms" and ambiguous. She said it was "as close as he (Milliken) can get to an endorsement" of Reagan.

"I know I'm going to hold him to it, the people in this hall will hold him to it and Gov. Reagan will hold him to it," Michigan is considered a key state for Reagan.

MILLIKEN'S SPEECH included a paragraph where the governor reiterated his support of the "free enterprise system" as "one of the fundamental strengths of this country." The

system "provides the most freedom, opportunity and prosperity for those living under it," the governor said.

Prior to Milliken's speech, state party conservatives were successful in defeating a resolution promoting federal assistance for minority business development. Several floor speakers said the position was not consistent with the "free enterprise system."

By a 987-801 vote, the delegates opposed Michigan Republican support of "strong federal efforts to stimulate minority business" in high unemployment areas.

The resolution was the only one of five defeated.

Asked after the convention if the defeated resolution was a reflection of racism, Milliken said, "I wouldn't make that charge."

Milliken said the state convention's position was "not binding in any way" and not in line with the national party's position.

Among area delegates, those from District 15 and 17 supported the resolution while Oakland County districts 12, 18 and 19 opposed it.

The 2nd district, which includes part of western Wayne County, also opposed the minority business resolution.

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