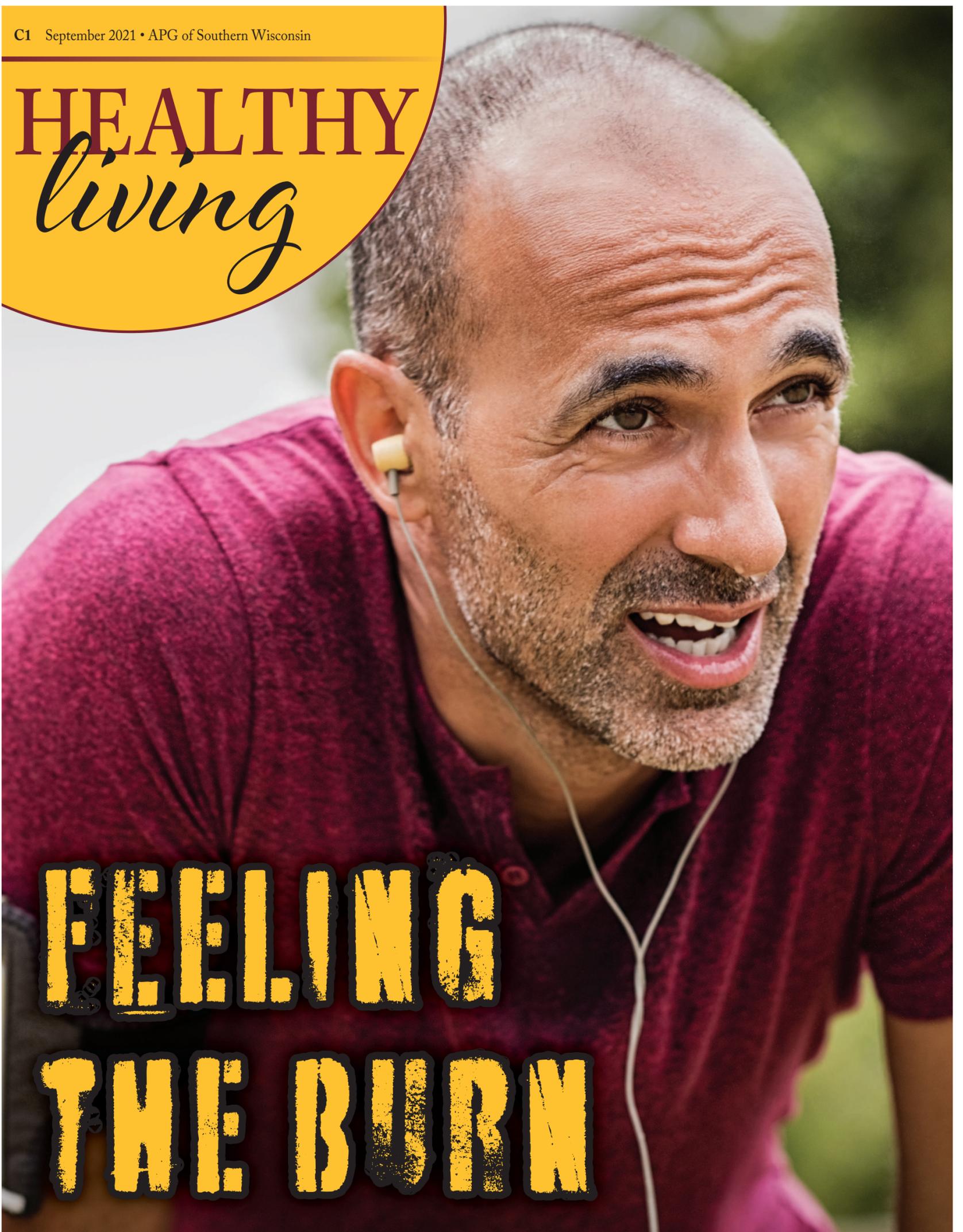


HEALTHY *living*



FEELING THE BURN

Red flags for safety when getting a good sweat while exercising in warm weather

CRAIG SPYCHALLA
cspychalla@daily union.com

Many of us who were cooped up and isolated over the past year could hardly wait to get out and get active,

but warm weather turned from an invitation to a frustration as temperatures soared into the 90s.

Sometimes high summer temperatures can make it a complicated balancing act, keeping consistent exercise habits, while also staying safe from the heat.

"We've not only seen an increase in 9-1-1 calls and transfers for heat-related conditions, but increased volumes in the ER as well in the past month or two," said Dr. Kacey Kronenfeld, with SSM Madison and Medical Director for DeForest Fire and

EMS. "I suspect part of that is we had elevated temperatures earlier in the summer from what we are used to, as well as just in the context of COVID in the past year, and people are eager to get out and do what they enjoy doing normally."

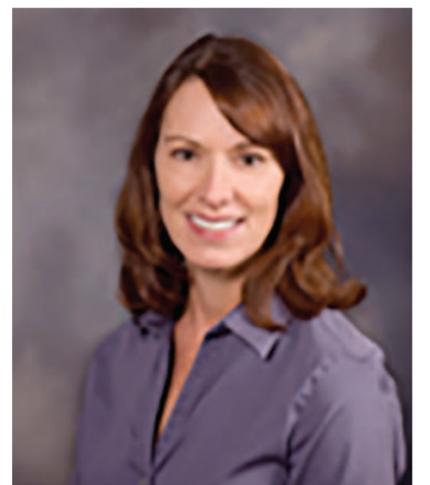
Elevated temperatures, combined with humidity, and exercise, can add up to significant stress on the body and increased body temperature. When the body becomes overheated, according to Kronenfeld, blood is sent toward the skin to help you cool off, but that also leaves less blood



Dr. Kacey Kronenfeld

for your muscles, your heart rate then increases to support those muscles and with the shifting blood flow.

"If you add in high humidity, now your body is under extra stress," said Kronenfeld, "because sweat isn't readily evaporating and that makes your temperature go



Sandy Drury

even higher."

It is important to listen to your body when you are exercising outside during the summer, particularly in the case of bicyclists and distance runners, a lack of caution can lead to being in a bad situa-

See **BURN**, Page C2

Fairhaven
Senior Services



Senior Apartments!

- Optional dining services
- Health & social services
- Faith based programs
- Activities and events
- Exercise and recreation
- Laundry & housekeeping
- Transportation services
- 24 hour nurse staffing
- Utilities & cable included



Prairie Village
by Fairhaven



New duplexes
now available!

Call today for
a personal tour.

A "Life Lease" Community

- Quality new construction 2 bedroom.
- Interior and exterior maintenance provided.
- 2 bath ranch duplex homes for 55 and older.
- Enjoy a carefree lifestyle with assured access to Fairhaven's multiple levels of senior care.

