GOOD SENSE AT SENIOR GAMES

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Some of the events on the preceding pages take place outside. Even if you compete inside you should take the same preparations as the outdoor competitors. Working, playing, or just being out in the sun, heat and humidity, especially for long periods of time can sometimes cause serious health problems. These may include: sunburn, dehydration, heat exhaustion and heat stroke. Increased physical activity and/or fluid loss might also cause some people to need a change in the dosage of certain medicines. Your doctor, of course, is the best source of knowledge in preparing for the LSOG. Whether you are a participant or a spectator, the following suggestions are offered for your health and comfort.

1. Get plenty of rest before and during the Games. Stop and rest when you feel tired. Don't push yourself!!

2. Be sure to drink lots of liquids [at least eight [8] ounce glasses daily]. Start increasing your liquid intake a few days before the Games and continue to drink lots of liquids during the Games. Water is an excellent choice and will be available at all locations during the events.

3. Since you will be using lots of energy, be sure to eat a balanced, regular diet and be sure that your food intake includes proteins such as meats, cheeses, fish, eggs, and poultry and carbohydrates such as cereal, bread and fruit.

4. Whenever possible stay in the shade, as if you would not!

5. Wear a head covering with a brim to shade your face. Those with thinning hair should wear a full head cover and not a visor.

6. Wear light-colored, loose fitting clothing. Clothing made of natural fibers, such as cotton, allows air to circulate and perspiration to evaporate from your skin. This will help keep you cool.

7. Shoes should be low-heeled or flat and should fit well. Socks will help prevent blisters. Again a natural fiber or material is the best choice.

8. Use a sunscreen to cover all exposed areas of skin. Remember to try it first on a small spot to make sure you aren't allergic to it. If you are, try a brand with a different chemistry.

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9. If you are taking medicines, bring them with you. Be sure to bring enough for the entire time that you are away from home. Keep your medicines in their labeled containers.

10. Check with your doctor to make sure he/she thinks it is advisable for you to compete and which events you are capable of entering.

11. Ask your doctor if you will need any change in diet or medicines.

12. Carry identification with you.

WHY WARM-UP

The purpose of warming up is to prepare your body for exercise. Studies have found that a warm-up period prior to exercise will help prevent serious electrocardiogram abnormalities which can result when vigorous exercise is not preceded by a warm-up period. Proper warm-up may also help prevent muscle pulls, strains, low back discomfort, and reduce the extent of muscle soreness.

THE BEST WAY TO WARM-UP

Stretching is no longer considered to be the "proper" way to warm-up prior to vigorous physical activity, such as running, hiking, or walking. Experts are now saying that to warm-up you should gradually increase the temperature of the muscle. This can be done by:

*Calisthenics, such as jumping jacks

*Running in place

*Walking at a moderate pace for 3-5 minutes

*Using a stationary bicycle with little or no resistance

A great way to warm-up is to specifically warm-up the body parts to be used in the exercise you will be performing. You can do this by simulating the activity at a low intensity. A good indication that you have adequately warmed up your muscles is the onset of sweating. Once you have warmed up, you may want to stretch for the purpose of improving your flexibility. It is also equally important to take 5-10 minutes to stretch at the end of your work-out.

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DON'T FORGET TO COOL-DOWN

Just as important as the warm-up, is the cool-down. The cool-down is extremely important to maintain the blood flow back to the heart and brain. Blood will pool in your legs and feet if you don't keep your leg muscles moving. This will assist the return of the blood flow back to the heart. Without this return of the blood to the heart, you may experience dizziness or even pass out. Five to ten minutes is an adequate time to cool-down. Immediately after you stop exercising, take your heart rate to determine if you are in your target heart rate zone and then walk slowly until you feel that you are breathing normally. Swimmers can cool-down by swimming a few laps or walking slowing in the shallow end of the pool. Bikers can cool-down by pedaling slowly at a low resistance. Cooling down with light activity after exercise should help prevent muscle Soreness, especially if some stretching for the legs and lower back is done.

HOW RISKY IS EXERCISE?

EXERCISE CAN BE PERFECTLY SAFE FOR ANYONE, PROVIDING SOME SIMPLE GUIDELINES ARE FOLLOWED.

1. Start your program SLOWLY. The body needs time to adapt to the stress of exercise. Gradually increase the LENGTH of time that you are exercising and the INTENSITY of the exercise.

2. Select an activity that is appropriate for you. For example, if you have orthopedic problems, jogging or aerobic exercise class may not be the best activity for you to become involved in. Stationary biking, cycling, or swimming may be more appropriate for you. KNOW YOUR OWN LIMITATIONS.

3. Warm-up before vigorous exercise. Warm-up should simulate the activity that you will be performing. If you are biking, pedal slowly with little resistance, until you feel yourself start to sweat. If you are walking, start at a slow pace for 3-4 minutes and then start walking briskly. If you are running, start at a slow jog for 3-4 minutes and then pick up your pace.

4. Wear the appropriate footwear. This is especially important for runners. Today's running shoes are designed to absorb the shock of each

footfall. It's important to have good supportive shoes when you are running or walking.

TREATMENT for MINOR INJURY

REMEMBER RICE!

R = REST

I = ICE

C = COMPRESSION

E = ELEVATION

REST

Stop the activity you are doing and allow the body time to heal itself. How long a rest you need depends upon the extent of the injury, but give yourself at least 2 days off before you resume your exercise program.

ICE

Ice the injured area as soon as possible after the injury. Ice will reduce the swelling, but do not ice the area for longer than 20 minutes. If an area gets too cold, more blood will be sent to the area to warm it and this will cause swelling. After applying ice for 20 minutes, let the area warm to body temperature before reapplying ice. Ice is always safe to apply and can even be applied to an old injury.

COMPRESSION

Compression will help limit the swelling. Use an elastic bandage and wrap around the injured area. Do not wrap too tightly or you may cut off the circulation to that body part. If you feel numbness, the wrap is too tight. After 30 minutes, remove the bandage for 15 minutes to ease circulation.

ELEVATION

Elevate the injured area above the level of the heart to reduce the blood flow to that area and to drain excess fluid from the injury. Try to keep the area elevated as much as possible until the swelling is reduced.

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HOT WEATHER TIPS

1. EXERCISE DURING COOLER PERIODS. Exercise in the morning or evening to avoid the heat of the day.

2. WEAR PROPER CLOTHING. Wear as little clothing as possible. Clothing should be loose and porous, to allow air to circulate over the skin and permit evaporation of sweat. White clothing is preferred, because it reflects heat from the sun away from the body. Never use rubberized sweat suits. On sunny days, wear a hat or visor; exercise in the shade if possible.

3. DRINK FLUIDS OFTEN DURING PHYSICAL ACTIVITY. Drink 6 to 8 ounces of water every 15 minutes or so to help replace fluids lost through sweating.

4. POUR WATER OVER HEAD, ARMS, AND LEGS. This cools the body directly, and also aids further heat loss via evaporation.

5. DON'T LET THIRST BE YOUR GUIDE. Replenish lost fluid daily, but don't judge your need for water by thirst alone. Keep a record of body weight, and for each pound lost, drink 1 pint of fluid. Body weight should be within 2% of normal before the next exercise session.

6. DRINK EXTRA WATER BEFORE EXERCISING. "Hyper hydrate" your body before prolonged exercise, such as 18 holes of golf on a hot day. A half-hour to an hour before you start the physical activity, drink 16 to 32 ounces of fluid.

7. AVOID ALCOHOL AND EXCESS PROTEIN. Water is the best fluid. Avoid alcoholic beverages, since alcohol restricts sweating. Eat plenty of fresh fruits and vegetables to maintain the body's electrolyte balance. Do not eat an abundance of protein foods, such as meats.

8. WATCH FOR SIGNS OF HEAT STRESS. Dizziness, weakness, fatigue, mental disorientation, nausea, and headaches are signals of heat stress. Stop the activity, go to a cool area, and allow the body to cool. Splash water on the body and drink cool fluids to help the cooling process.

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KINDS OF CALORIES

Calories aren't "just" calories - there are three different kinds: carbohydrate calories, protein calories, and fat calories. Together, they add up to your total calorie intake. For athletes, it's not only important to watch total calories, it's also important to watch the kind of calories that are consumed. For building energy and endurance, **carbohydrate** calories are definitely the most important. Although fat and protein also supply some energy, carbohydrate is the "premium" fuel for athletes. Complex carbohydrate, found in foods such as pasta, rice, baked potatoes, and grain cereals, is easily digested and converted into energy. About 60% to 65% of the total calories in an athlete's diet should come from carbohydrate.

Protein, needed for building structural tissues such as muscles, tendons, and ligaments, is not required in large quantities, even for athletes. About 12% to 15% of an athlete's calories should come from protein, slightly more if you're involved in a weight training program to build muscle tissue for increased strength. Finally, there are **fat** calories. By now everyone knows that too many fat calories carry unhealthy and fattening. Nevertheless, too many people, including athletes, continue to eat large quantities of foods high in fat calories: French fries, chips, mayonnaise, chocolate, hamburger, fried chicken, bacon, and butter for examples. Some fat is needed even in a healthy diet, about 20% to 25% of total calories. But too much can add unwanted pounds in the form of body fat; it's not only unattractive, it also adds excessive weight that must be carried during training and competition. Additionally, body fat contributes nothing to strength and power, important aspects of athletic performance.

HIGH-ENERGY SNACKS

There's nothing wrong with snacking, as long as you choose snack foods as carefully as the foods you consume at regular meals. In fact, a is really a good way to help increase available energy for training or competition. high-energy snack is really a good way to help increase available energy for training or competition. Avoid fatty, fried foods such as potato chips, French fries, hamburgers and other fast foods. These items are difficult to digest and often contain a high percentage of fat calories, making them poor choices for the athlete. Fresh fruits

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THE PRE-EVENT MEAL

As a rule, athletes in almost every sport compete more effectively and comfortably on a relatively empty stomach. To avoid that stuffed or bloated feeling, try to schedule your pre-event meal 2 to 3 hours before the start of competition.

WHAT TO EAT

Foods that are fatty or spicy are poor choices for your pre-event meal. These foods are difficult to digest and may remain in your stomach too long, causing nausea or gastric distress with the start of warm-ups or competition. Foods that are high in carbohydrate, such as pasta, baking potatoes, muffins, and rice, empty from the stomach quickly and are easily converted into glycogen for energy.

FLUID REPLACEMENT DURING COMPETITION

As you train and compete, your body loses water in the form of sweat, and it must be replaced. In fact, even moderate dehydration can cause a variety of symptoms that impair strength and endurance.

One way to help guard against dehydration is to take regular fluid breaks. Water is an excellent fluid replacement and empties from the stomach rapidly. Soft drinks or beverages that contain high concentrations of sucrose (table sugar) tend to remain in the stomach longer, slowing down fluid replacement. During practice, it's advisable to take regular fluid breaks every 15 to 20 minutes, especially in hot weather.