

Questions And Answers

Outfits: What should I wear to exercise in?

- Wear cool, comfortable clothes. Try Coolmax type materials. They allow the sweat to go through the material without it becoming wet and sticking to your skin.
- Don't wear heavy cotton or rubberized suits. They cause you to sweat profusely. Too much sweating causes dehydration and fatigue.

Dealing with Dehydration: Is dehydration a problem for walkers?

- In a hot climate, dehydration is definitely a potential problem, even for walkers. Your body can lose up to two or three bottles of water per hour of vigorous walking in the heat.
- Your body will shut down after losing three or four bottles. You'll feel tired and nauseated, your heart rate will rise, and you'll feel like stopping.
- Drink some water before, during, and after an aerobic session, especially if it's hot and you sweat a lot.
- Otherwise, pay attention to your thirst and drink enough to quell it during and after workouts.
- Don't over drink because it can be just as dangerous as under-drinking and dehydration.

Losing Weight with Exercise: Can I expect to lose weight by walking?

- You would have to walk for eight hours to lose one pound of fat. And you would be so hungry afterwards that you would gain it back immediately.
- The only way you can lose weight is by changing the way you eat. Eat smaller meals, less fat, fewer restaurant meals, no between-meal junk food, and less soda and booze.
- Don't do aerobics to lose weight. Do aerobics because it makes you feel good.

Staying Injury Free: What can I do to avoid getting injured?

- Whenever you feel a sharp twinge of pain, back off immediately. Slow down or stop until the pain goes away.
- Never train hard on an injury that causes you to limp. If you run or walk at all, go slowly enough that you are not limping.
- The pain you are experiencing should decrease during a workout and from one workout to another.
- Always warm up with at least 10 to 15 minutes of easy jogging or walking. All aches and pains should disappear before you push the pace during a workout.
- Run only easy to moderate workouts until an injury disappears.

Dealing with Injury: What can I do if my knees or ankles start to hurt?

- If injury becomes a problem in spite of moderate, consistent, and satisfying exercise, then your shoes are the likely culprit. If you are exercising on cheap, worn or compressed shoes then that is the cause of the injury.
- Don't judge your shoes by the apparent newness of the upper part. Even minor wear and compression to the soles can lead to injury.
- Shoes are by far the most important piece of equipment for aerobic exercise. Change them at least once a year or at the first sign of persistent pain.
- And you would do well to go to a store that sells shoes to runners. A good pair costs \$75 to \$100.

Buying Shoes: What kind of shoes are the best?

- It depends completely on your particular foot and what feels good to you.
- Go to a store that specializes in shoes for runners (in Hawaii, try the Running Room at 819 Kapahulu Avenue or Runner's Route in Ward Warehouse). Take your old pair so the sales person can see how you wear them. A good sales person can recommend an appropriate shoe, but you should make your decision based on perfect comfort.
- The new shoes should feel great when you take them out for a short walk on the sidewalk outside the store. (Yes, they will let you take them outside.)
- Keep trying on pairs of shoes until you find the pair that feels the best.
- Above all, the new shoes shouldn't injure you when you take them out for your first run. Plan to run short and slow the first time out. If they don't feel right, take them back immediately and return them for another pair.

Staying Healthy: How can I avoid catching colds?

- Change into warm, dry clothes after workouts. It's okay to walk or jog in the rain, but stay out of the wind and rain after a workout. Walkers don't generate enough heat to stay warm on a cold day, so they should use warm clothes to walk in.
- Back off on training at the first sign of a cold. You can make a "stress cold" go away by taking a nap, instead of working out.
- If you have a bad cold, don't exercise at all. Stay in bed until you recover. You may lose a week of exercise, but you'll bounce back much faster than if you try to train and force the cold to linger.
- Remember, colds and injuries are your body's way of saying you need a rest. Please respond accordingly.

Stress: How can I deal with the stress in my life?

- Exercise can add significantly to the stress of daily life. Too much stress can cause a myriad of symptoms which can become a drag.
- Learn to recognize the signs of too much stress: Irritability, insomnia, diarrhea, achy muscles, loss of interest, loss of appetite, a drop in performance, absence of menstruation, and cold symptoms.
- The worst thing you can do when you are stressed out is to maintain your training and working pace. The best thing you can do is take a nap.