

Cool down: be careful when exercising in hot weather

Heat puts extra stress on the body, even if you're in good shape

Mayo Clinic News Network

Dear Mayo Clinic: Our family loves to exercise outdoors. With summer coming, I want to make sure our family stays safe. What advice do you have for staying hydrated and avoiding issues while working out in the heat?

Answer: Exercising in hot weather puts extra stress on your body. If you don't take care when exercising in the heat, you risk serious illness. The exercise, as well as the air temperature and humidity, can increase your core body temperature. Regardless of the activity, if you exercise outdoors in hot weather you will want to take precautions to prevent heat-related illnesses.

Watch the temperature

Pay attention to weather forecasts and heat alerts. Know what the temperature is expected to be for the duration of your planned

outdoor activity. In running events, there are flag warnings that correspond to the degree of heat and humidity. For example, a yellow flag requires careful monitoring, and races are canceled in black flag conditions.

Get acclimated

If you're used to exercising indoors or in cooler weather, take it easy at first when you exercise in the heat. It can take at least one to two weeks to adapt to the heat. As your body adapts to the heat over time, gradually increase the length and intensity of your workouts.

Know your fitness level

If you're unfit or new to exercise, be extra cautious when working out in the heat. Your body may have a lower tolerance to the heat. Reduce your exercise intensity and take frequent breaks.

Drink plenty of fluids

Dehydration is a key factor in heat illness. Help your body sweat and cool down by staying well-hydrated with water. Don't wait until you're thirsty to

drink fluids. If you plan to exercise intensely, consider a sports drink as well as water. Sports drinks can replace the sodium, chloride and potassium you lose through sweating. Avoid drinks with excessive sugar and alcoholic drinks because they can actually promote fluid loss.

Dress appropriately

Lightweight, loose-fitting clothing helps sweat evaporate and keeps you cooler. Avoid dark colors that can absorb heat. If possible, wear a light-colored, wide-brimmed hat.

Avoid midday sun

Exercise in the morning or evening, when it's likely to be cooler outdoors. If possible, exercise in shady areas or do a water workout in a pool.

Wear sunscreen

A sunburn decreases your body's ability to cool itself and increases the risk of skin cancer.

Have a backup plan

If you're concerned about the heat or humidity,

stay indoors. Work out at the gym, walk laps inside the mall or climb stairs inside an air-conditioned building.

Understand your medical risks

Certain medical conditions or medications can increase your risk of a heat-related illness. If you plan to exercise in the heat, talk to your health care provider about precautions.

Most importantly, if you are exercising outdoors, pay attention to your body temperature to reduce the risk of serious heat-related conditions, including heatstroke — when your body temperature is greater than 104 F (40 C). Measuring core body temperature with a rectal thermometer is essential to accurately determine the degree of heat injury. An oral, ear or forehead thermometer doesn't provide an accurate temperature reading for this purpose.

Signs and symptoms of heat-related illness are varied but may include muscle cramps, nausea or vomiting, fainting, dizzi-

HEAT STROKE	VS.	HEAT EXHAUSTION
SYMPTOMS		SYMPTOMS
Body temperature above 104°		Excessive sweating
Pounding headache		Vision changes
Lack of sweat		Nausea, vomiting, or diarrhea
Hot, red skin		Muscle or abdominal cramps
Loss of consciousness		Dizziness
Confusion		Extreme fatigue
Rapid heartbeat		Fainting
WHAT TO DO		WHAT TO DO
Move to shaded area or indoors		Give cool fluids
Soak in a cold or ice-water bath, or spray with cool water and fan		Apply cool, wet towels or ice packs to neck, forehead, and under arms
Do not give oral fluids if confused		Move to cooled off room and rest
Seek emergency medical care		Remove some clothing

Kaiser Permanente

Know the difference between heat stroke and heat exhaustion.

ness or headache, excessive sweating, low blood pressure, and vision problems.

If you begin to experience any issues, stop exercising immediately and get out of the heat. It is imperative to lower your body temperature and hydrate right away. You may place cool, wet towels or ice packs on your neck, forehead and under your arms; spray yourself with water from a hose or shower; or

sit in a tub filled with cold water. Drink fluids, such as water or a sports drink. If you don't feel better within about 20 minutes, seek emergency medical care.

Heat-related illnesses are largely preventable. By taking some basic precautions, your exercise routine doesn't have to be sidelined when the heat is on.

— Mayo Clinic staff, Rochester, Minnesota

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Publication Days: Tuesday, Thursday, Saturday

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VOLUNTEER doing what you love!

Volunteering is so rewarding and a great way to contribute to your community. If you would like to volunteer a little, a lot, or once in awhile, go to www.gohospice.com and fill out a volunteer application. If you need assistance contact: Lori at 541.524.7688

114 Self-Help Group Meetings

T.O.P.S. Meets every Tuesday Morning 8:30 a.m.-10 a.m. LDS Church in Island City. *Fragrance Free Group*

CELEBRATE RECOVERY Calvary Baptist Church Third & Broadway Baker City, OR **EVERY THURSDAY 6:15 - 8:00 PM**

DO YOU HAVE... HURTS, HABITS and/or HANG UPS? 12 Step Biblical Support Harvest Church 3720 Birch St. Baker City Thurs., 6:30 - 8:30 PM

LA GRANDE NOW HAS A GAMBLERS ANONYMOUS MEETING! Every Friday Night @5pm, 2107 Gekeler Ln, LG, Church of Christ basement. For more info please call 971-219-8411

NARCOTICS ANONYMOUS Goin' Straight Group Meetings: Mon., Tues. Thurs. & Fri. Start at 8 PM Episcopal Church Basement 2177 1st Street, Baker City

Someone's drinking a problem? AL-ANON Meetings available by phone Info for Baker City Meetings Call: 541-523-5851 or 541-239-7323

PEOPLE WITH PARKINSON'S Caregivers, Family, Friends **SUPPORT GROUP** Contact Judith at 208-855-9199 Meetings resume @GRH when restrictions ease.

AL-ANON FAMILY GROUP (Support for family & friends of Alcoholics) Tuesday evenings Joseph Methodist Church (basement on northside) Joseph, OR 6-7pm. Contact 541-398-1398

OVEREATERS ANONYMOUS Tues., Noon - 1 PM (Weather Permitting) Geiser Pollman Park Baker City Call: 541-540-5326 -or- 541-523-5128 Please Leave a Message

OVEREATERS ANONYMOUS NEW MEETING ROOM! During the COVID-19 Social Distancing the meetings are held by telephone. Fridays @ 8:45 AM For Information Call 541-523-5128 Leave a Message

AL-ANON Meetings are in person with social distancing Help for persons who have been affected by someone else's drinking **Saturday, 9 a.m.** **NOCC - Nazarene Church 1250 Hughes Ln. • Baker City (541)519-7227 or (541)239-7323**

114 Self-Help Group Meetings

Are You Lonely? Do You Need Help? Are You Looking For A New Direction?

A.C.T.S. Alcohol Chemical Treatment Series

Meetings at: **Lighthouse Church 10501 W 1st Street Island City, OR 97850 Tuesdays @ 7PM**

BAKER COUNTY AA MEETINGS BAKER CITY

MONDAYS Survivor's Group 12 -1:00 pm Baker Presbyterian Church 1995 4th St. (4th & Court, Side Door)

TUESDAYS K.I.S.S. (Keep it Simple Sister) **Beginning July 6th, 2021** 12 - 1:00 pm 2970 Walnut St. Grove Apartments Community Room

WEDNESDAYS Survivor's Group 12:05 pm Baker Presbyterian Church 1995 4th St. (4th & Court, Side Door)

THURSDAYS Survivor's Group 12:05 pm Baker Presbyterian Church 1995 4th St. (4th & Court, Side Door)

New AA Meeting 7:00 pm Grove Apartments Community Room 2970 Walnut Street

NEW MEETING Huntington Christian Center Thursday's 7pm 595 E Monroe Street Huntington, OR

FRIDAYS Been There Done That (Grapevine Meeting) 5:30 -6:30 pm 2970 Walnut (Corner of "D" & Grove St.) Grove Apts. Community Rm

A.A. Book Study 6:00 - 7:00 pm

SATURDAYS As Bill Sees It Group 10:00 am 2970 Walnut (Corner of "D" & Grove St.) Grove Apts. Community Rm

SUNDAYS Been There Done That 5:30 pm 2970 Walnut (Corner of "D" & Grove St.) Grove Apts. Community Rm

Questions call AA Hotline: 541-624-5117 www.oregonaadistrict29.org

TUESDAY, JUNE 29, 2021

CROSSWORD PUZZLER

- ACROSS**
- Mass-transit vehicle
 - Prepare shrimp
 - Instant lawn
 - A Gershwin
 - Infield fly (hyph.)
 - John, in Aberdeen
 - Look embarrassed
 - Math course
 - Ogle
 - Ordnance
 - Sideways
 - Zest for life
 - DJ album
 - Mombasa's country
 - Fries, maybe
 - Rover's greeting
 - Be stinky
 - Pledge
 - Popular hemline
- DOWN**
- Apron part
 - Web addr.
 - Waterfall
 - Globes
 - Laugh sound
 - Pollution org.
 - Soothe

Answer to Previous Puzzle

D	E	R	T	A	I	N	T	H	E	M	
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- Women's links org.
- Bro or sis
- Dory mover
- Genetic mat.
- Go in search of
- Wool suppliers
- Sequences by importance
- Andes ruminant
- Spring month
- Deceitful
- Actress — Tyler
- Take in a stray
- Full of information
- Love in Venice
- Rx monitor
- Frisked about
- Part of MIT
- Sinister
- Border state
- Fine sediment
- Close
- Recede
- Novelist Rita — Brown
- Game or season opener
- Reproach oneself for
- Salary limit
- Baby fox
- Navigator Vasco — Gama

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