



# **SPIRIT ROUNDHOUSE REPORT**



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## **JULY 2009**

### **MINOR SCHEDULE CHANGE**

As requested by many parents, we have made some minor changes to the 2009 Summer Schedule. Monday and Wednesday's Children Class will start at 6 pm and Sparring club is now only 30 minutes instead of 60 minutes. There are no changes to the Adult/Junior Open, Children Advanced classes and Jiu-Jitsu classes. Tuesday and Thursday's classes are pushed back 30 minutes. The new changes to the schedule will take place July 6<sup>th</sup>. A copy of the updated schedule is attached to this newsletter.

### **August Sparring Camp**



2 time National Champion, Instructor Bill has requested we do a sparring camp in order to prepare for the 2009 - 2010 sparring season. Tentative date is August 17 - 21. This will either be a full day camp or half-day

camp, depending on the number of registered campers. This camp will be open to all members who will be interested in competing in the upcoming sparring season. Cost of camp will be determined after we have decided if it is a full day or half-day camp.

If you are interested in participating please pre-register so we can make the proper arrangements.

## **Welcome to Summer!!**

In Alberta we don't get a lot of nice weather and our summers usually only lasts a few of months. I would like everyone to try to take advantage of the summer weather to do things outside; getting fresh air is great for you.

While you are lying in the sun, enjoying the beautiful weather, take yourself back to the past months and about the hard work you put in at the Dojang to get to where you are.

Going to class a couple of times a week during the summer months is not a huge commitment and it will keep you on the right track, rather than not training and starting from square one in September.

Just my thoughts, see you in class.

Master Thai Le

## **T-Shirts**

### **Hot weather means T-Shirt time!!**

Spirit Taekwondo shirts are available! Still only \$20 each!

Remember **only Spirit Taekwondo T-Shirts** can be worn during the summer months.

**JULY 1<sup>ST</sup> - CLOSED FOR  
CANADA DAY**

**AUGUST 3<sup>RD</sup> - CLOSED FOR  
CIVIC HOLIDAY**

# The Sweatiest Thing

By Joe Wilkes

Perspiration, or sweating, is an important and unavoidable part of any decent workout. So why are we trying to make you sweat so much and what does sweat do for us anyway? Why is it that some of us sweat more than others and what can we do to lessen sweat's smelly sidekick, body odor?

A tale of two glands

The human body contains about 2.8 million sweat glands, a complex subcutaneous misting system that operates all day, all night, over almost every inch of your body, to help keep you cool. Even if you think you're not sweating, you are—the amount of fluid is just so small that it evaporates almost immediately.

There are two general types of sweat glands: **eccrine** glands and **apocrine** glands. The eccrine glands are the most common ones. They excrete water with a little bit of sodium pretty much any place you have skin. This is the sweat on your palms, your feet, and your face, and the sweat that pours out in buckets after a good Taekwondo workout. The apocrine glands are located primarily under your arms and in the genital area. In addition to water and saline, the apocrine glands also excrete small amounts of fat and protein. This is what turns the armpits of your T-shirts yellow. (There is also a third type of sweat gland, the ceruminous gland, that produces ear wax, and is located in, duh, your ear).

Sweat itself is odorless—it's the bacteria on your skin that causes body odor. When the apocrine glands excrete fat and protein, the bacteria, creating that unpleasant, all-too-familiar odor, metabolize them. Our apocrine glands don't usually get fired up until adolescence, which explains why little kids can run around and get all sweaty without smelling much worse. It's also why teenagers and adults can benefit from antiperspirants and deodorants, while they don't do anything for children.

It's getting hot in here . . .

There are three basic reasons we sweat: it's hot out, our nervous system is in overdrive, or we've just created extra body heat through muscle exertion. You can probably guess which one is preferable.

1. Baby, it's hot outside. It's actually the process of evaporation that causes sweat to cool our skin, not the sweat itself. That's why when we're someplace with a 100-degree dry heat, we may feel cooler than someplace that's 85 degrees with 90 percent humidity. When the air is so saturated with water that it can't absorb moisture from our body, we just end up being hot and wet. Whereas in dry heat, we get the millions of cooling evaporation reactions all over our body, and thus, we're more comfortable. It's important to remember to replenish your fluids when you're outside in the heat. Even if you're not sweating puddles, the heat may be sucking the water out of your body without you noticing. So, it's always good to have a bottle of water handy on a hot day.
2. Is it hot in here, or is it just me? It might just be you. There are a lot of neurological reasons that excessive sweating, or diaphoresis, can occur unrelated to the temperature outside or your level of physical activity. For example, that meth addict sweating at the bus stop probably didn't just get back from a brisk jog. Certain substances like drugs, alcohol, caffeine, and nicotine can cause sweating, as can the withdrawal of the same. More innocent foods, especially of the spicy or garlicky variety, can also kick your glands into gear. Then there's flop sweat, as immortalized by Albert Brooks in *Broadcast News* and Richard Nixon in his infamous 1960 presidential debate. Flop sweat happens because sometimes it's just enough for the heat to be "metaphorically" on. Your sweat glands can overreact to fear in the same way that your heart beats more rapidly and your breathing increases when confronted with stress. This is why measuring increases in sweat production is a main component in lie detection. Underlying medical conditions can also cause sweating for no apparent reason.
3. The sweetest sweat. But the best sweat is the sweat you make the old-fashioned way . . . you burn it. When you exert your muscles, your body heats up and burns calories, and your sweat glands kick in to help put out the fire. If you aren't sweating more than usual, you probably aren't getting the most out of your workout. How much should you be sweating and how much is too much? The answer to that varies wildly from person to person. The

amount we sweat can be affected by diet, medications, emotions, and genetics. The important thing is that you're sweating more than usual. That means your bodies kicked it into a higher gear and results should be forthcoming. You can sweat out up to a litre of fluid at a time, so it's important to hydrate with water before and after a workout—and during it, too, if it's a long one.

4. Measuring increases in sweat production is a main component in lie detection. Underlying medical conditions can also cause sweating for no apparent reason.

#### Getting sweaty, not smelly

Sweating during exercise can refresh, invigorate, and detoxify, as well as potentially cause extreme olfactory discomfort for the people in your general vicinity. The good news is that sweat itself is odorless. It's essentially just water and salt. The sweat from the apocrine glands in the armpits and genital area adds a little extra fat and protein to the mix, which the bacteria on your skin will metabolize, creating a less-than-refreshing aroma. So once your workouts over, the clock is ticking. It's a race against time between you and the bacteria on your skin. The sooner you hit the showers after a workout, the better chance you have of not leaving a malodorous scent in your wake. Deodorants can help mask the scent and antiperspirants contain aluminum compounds that can cause your sweat glands to close, but they really only make about a 20- to 30-percent difference. Also, contrary to some rumors, antiperspirants are generally considered safe.

Pay attention to the smells that are coming out of your body, though. They could be telling you something. For instance, if your sweat smells of ammonia during a long workout, it is likely due to your muscles breaking down, which generally means you are under-fueled. An ammonia smell could also be an indication of liver or kidney disease. And if your sweat has a sweet, fruity smell, it could be a symptom of diabetes. It might be worth reporting any change in body odor to your physician, as well as any change in the amount you sweat or when you sweat. For example, if you experience night sweats, cold sweats, or excessive sweating for no reason, your body might be sending you a message to get medical attention.

MAIA 2008

## Keeping Hydrated in Summer Heat

We've all experienced it at some point when working out or on the field – fatigue sets in, your mouth feels dry and your legs are heavy. These are all common signs of dehydration.

When an athlete works out, body fluid is lost through sweat. If the fluid lost through sweat is not replaced, dehydration and early fatigue are unavoidable. Losing even 2% of body fluids (less than 3.5 pounds in a 180-pound athlete) can impair performance by increasing fatigue and affecting cognitive skills. Since many athletes lose between 5-8 pounds of sweat during a game, it's easy for them to become dehydrated if they don't drink enough to replace what is lost in sweat.

Dehydration can be prevented

When to drink: Drink before you get thirsty. By the time you're thirsty you are already dehydrated, so it's important to drink at regular intervals – especially when it is hot outside.



What to drink: Research shows that a lightly flavored beverage with a small amount of sodium encourages people to drink enough to stay hydrated. The combination of flavor and electrolytes in a sports drink like Gatorade provides one of the best choices to help you stay properly hydrated.

What not to drink: During activity, avoid drinks with high sugar content, alcohol or carbonation because:

- Alcohol can dehydrate the body
- Fruit juices, soft drinks and energy drinks are high in sugar, which slows fluid absorption by the body

Dr. Lawrence Spriet is a leading sports nutrition researcher with the University of Guelph and the Gatorade Sports Science Institute. More information on sports drinks and hydration is available at [www.gssiweb.org](http://www.gssiweb.org).

