

Gallagher Chiropractic & Sports Medicine Group **FAQ**

Winter Exercise

When exercising this winter be sure to prepare for post-race and post-exercise with a jacket or sweat shirt and sweat pants. It is important to keep the muscles warm after exercise, even if you are still hot and warm, put on the sweat pants. After all, that's why they're called "SWEAT PANTS!" The nights are deceptively cooler, and muscles hate the onset of cold air immediately after exertion. Muscles have a tendency to shorten and tighten creating poor recovery.

HYDRATE:

Yes it's cooler during the winter months, we **tend to** drink less fluids, and the winter months are much dryer, we still lose lots of fluids. Water is the best fluid to hydrate you. No matter how many Gatorade commercials you watch! If you want to test this theory, drink 32 ounces of water and see how long it takes you to urinate. Now, drink 32 ounces of a "fluid replenishment" beverage. Re-check the time to urinate. Yes, your body has to use more of it's own water to dilute the sugary stuff so that it may be absorbed (i.e., save your money and drink water, **IT'S ACTUALLY FREE!** Yes, tap water is very safe and clean).

PROTEIN:

If you are obese and need to lose weight, you may benefit from a high protein diet **TEMPORARILY!** Your body will go into "ketosis" burning up fat stored after it uses all of your glucose in your blood stream and glycogen stored in your muscles and liver. "Ketosis" is not a healthy state of being.

WHEN YOU EXERCISE:

You only need three things: **1) WATER; 2) CARBOHYDRATES; 3) ELECTROLYTES.** If you are taking a high protein exercise replacement bar or fluid, you must be high. The only reason they make these is for contemporary, short term marketing gain. They think you want it, so they continue make these bars to sell to you. Proteins are very complex and difficult for your body to break down and use as energy. When you exercise, **EXERCISE.** you should not be exerting energy to try to digest heavy proteins.

**If you have any questions, feel free to call for a free consultation:
(562) 433 2443**