



## Exercising can Prove Dangerous After Partying

By Kristen Culver

Joseph Sandoval had just turned 21 when he experienced a near fatal heat stroke. The morning after his 21<sup>st</sup> birthday, Joseph decided to go for a run in the park despite the fact that he was highly dehydrated. It wasn't long until he collapsed and came close to never retrieving consciousness again. "I am so lucky that someone was running nearby, if they weren't, I would probably be dead," Joseph said.

It has been reported that 3,442 deaths have been due to dehydration in the past four years. Andrea Lee, a senior Biology major said, "Dehydration can be deadly when you work out because you get vasoconstriction, or narrowing of blood vessels, which makes your heart work harder to pump blood. The alcohol's foreign chemicals make your body temperature raise higher making working out more difficult and dangerous."

Water is needed for all processes in the body. The brain contains 85% water, and loss of even 1% of the water can lead to irreversible consequences. So it is extremely important to keep the body and the brain hydrated. When the body is dehydrated, the body overcompensates by storing more water, also known as edema.

Teresa of CADAC (Certified Alcohol and Drug Abuse Counselor) states that, "Students need to

monitor how they feel. If you feel horrible you probably shouldn't work out." Being properly hydrated is crucial not just for working out but also for taking care of your body and organs.

Symptoms of dehydration include frequent headaches, thirst, fatigue, dizziness, hot flushes, dry mouth, and dry skin. If you have any of these symptoms, it is probably a good idea to avoid going to the gym.

The average body needs between 8 and 10 glasses of water each day. If you are working out, you should be drinking even more than that. If you are already dehydrated from partying the night before, you'll need even more water to avoid dehydration.

"As a student, you do not have mom to monitor and take care of you, you need to take care of yourself," Teresa said. "Comfort and health is your responsibility, not mom's anymore."

Joseph's life would have come to an end if it weren't for the "Good Samaritan" who came to his rescue. He claims, "When I was running, I felt so lethargic and dizzy. I had felt that way before when I worked out after drinking but I didn't think it was that serious. I felt like it was a struggle to breath, like my body was working too hard and I couldn't get enough oxygen to my system."

Joseph's near death experience was so devastating to him that it encouraged him to learn more about functions of the human body.

Currently, Joseph is completing his final year towards an exercise physiology bachelor's degree and takes pride in his well hydrated runs through Bidwell Park. Joseph concluded our discussion with a little piece of advice for new and arriving students; "If you are going to drink and know you are going to work out the next day, make sure not to go running in an area like Upper [Bidwell] Park where there aren't too many people. Don't make the same mistake I did and make sure to stay hydrated."