



## What you need to know to prevent Heat Stroke (Dehydration)

Heat stroke is caused by prolonged exposure to high temperature and happens not only outside under the sun but also in the house.

If you have any symptoms below, there is a risk that you got Heat stroke.

- Dizziness/red face
- Muscle ache/cramps
- Nausea/vomiting
- Profuse sweating/lack of sweating
- High temperature/hot, dry skin
- Unresponsive, can't walk straight
- Unable to drink water by themselves

To prevent heat stroke, you need to be careful about the following points:

- Drink enough water
- Take salt (When you sweat, you lose salt as well.)
- Do not wipe off sweat completely (when sweat evaporates, that cools down your body.)
- Turn on AC if you feel warm (Even if you are in the house, you can get heatstroke.)

Are you doing all of the above?

However, even in the same condition, some people get heat stroke, but some people don't.

What is the difference?

Heat stroke is dehydration. If you can't retain water in your body, you tend to have heat stroke easily even if you drink water.

So where do we retain water in our body?

You would say, "I'm overweight so I retain a lot water." or "I'm thin so I don't retain water."

But whether you are overweight or thin is not related to how much water you can retain in your body. The important thing is the amount of muscles in your body. If you don't have a lot of muscles, you tend to get heatstroke easily.

Why is the muscle related to heat stroke (=dehydration)?

In fact, 80% of the muscle is water so if you have a lot of muscle, you retain a lot of water in your body and you don't get dehydration easily. On the other hand, even if you drink water, you can't retain water if you don't have enough muscles.

How about fat? Fat doesn't contain water much. So for prevention of heat stroke, you need to increase the amount of the muscle.

60% of the muscle in our body is in the legs, so strengthening your legs is effective to increase the amount of the muscle.

If you think your legs are not strong enough to do various exercises, 2 set of 10 times Squat with holding a chair or table in the morning and at night is recommended. You can avoid going hot outside, too.