

## **Do you burn more calories if you sweat lots?**

During exercise the muscles and metabolism will generate an increase in body temperature. To keep the body at a safe temperature one of the mechanisms the body uses to cool itself is sweating. As you exercise there is an increase in blood flow to the body, and sweat is excreted. As the sweat evaporates the heat is lost, reducing body temperature.

Everybody responds differently to exercise. Gender, age, fitness levels and environmental conditions all affect a person's sweat. Medications can also cause a person to sweat more or less. It is theory that a more conditioned athlete will sweat more than an unfit person. This is because the athlete's body is more used to the stress on the body and can efficiently cool the body.

If you exercise in an air conditioned room, you will not sweat as much as the cool air evaporates the sweat faster. It does not mean you are not burning as many calories as opposed if you were sweating outside in the heat. The intensity and length of time of your exercise determines how many calories you are burning, not how much you sweat. Don't delude yourself and weigh yourself directly after an exercise session. Your weight may go down on the scales, but it's just water loss, not fat! One litre of water or sweat is equivalent to one kilo. It can be useful to weigh yourself before and after a session, but only if you are checking your hydration levels.

For low to moderate exercise for a period of one hour or less, water is a good choice to stay hydrated with before, during and after the sessions. If your session is of high intensity lasting longer than one hour a sports drink can be better suited to replace the carbohydrates and electrolytes.