



August 2, 2019

Beat the Heat

As the summer continues and temperatures begin to rise, staying cool and avoiding heat exhaustion and heat stroke is priority. First let's take a look at some ideas for keeping cool particularly if you work or exercise outdoors and/or work from your car.

The following 10 tips for keeping cool are provided from an online article written by F. Elkins¹:

1. Keep a cooler in your car.
2. Fill a spray bottle with water and keep it in your cooler for a refreshing spray to your face.
3. Freeze plastic bottles of water at home and take them with you when you report for duty. As the ice melts, you'll have a supply of cold water.
4. Stay hydrated – drink at least 8 ounces of water every hour. You can flavor your water with a little juice or flavor drops.
5. If you sweat a lot while working or exercising outdoors, consume sports drinks, which contain electrolytes (carbohydrates, sodium, and potassium). These help replace the minerals lost from sweating. Afterward, have an additional eight ounces of water to completely rehydrate.
6. Go for a decaffeinated coffee or tea break instead of your regular cup of joe. Caffeine promotes dehydration.
7. Take a pass on sugary drinks, too, which can cause you to lose more body fluids, and very cold drinks, which can cause stomach cramps.
8. Avoid heavy meals and eat cool foods, such as salads; fresh fruit or vegetables; and low-fat, cool dairy products such as yogurts. Watermelons, cucumbers, and oranges are especially healthy in hot weather, as they are made almost entirely of fluids.
9. Invest in a small dashboard fan, which can circulate the air in a patrol car and increase the effectiveness of your vehicle's air conditioning. If you're working inside, a small desk fan can do the same for office AC. Some battery-operated fans can also be attached to water bottles to spray a cooling mist.
10. Last, breathe deep and think cool thoughts. Visualizing your vacation – at the beach, in the mountains, at home in your easy chair in front of the baseball game, or wherever you relax – can reduce stress and make even 90-degree heat and humidity more bearable.

As you enjoy summer activities keep water handy and watch for the signs of heat exhaustion such as dizziness, fatigue, headache, muscle or abdominal cramps, pale skin, nausea, rapid heartbeat and/or cold, clammy skin². If there is a concern about heat exhaustion, move out of the direct sun and heat, rest, drink plenty of fluids. Taking a cool bath or shower and applying ice towels are some other options.

If the above signs of heat exhaustion are observed and include confusion and/or unconsciousness, it may be or can lead to heat stroke. Under these circumstances, seek immediate medical attention, get out of the heat, and try to cool the body down with cold towels or water quickly.

In summary, stay hydrated while working and/or exercising outdoors, watch for signs of heat exhaustion and heat stroke, and the summer will be more enjoyable.

F. Elkins (July 2019) 10 Tips for Keeping Cool in the Summer, Dispatch Vol. 12 Issue 6.

https://cops.usdoj.gov/html/dispatch/07-2019/keeping_cool.html

R. Battista, PhD. (2018) ACSM's Resources for the Personal Trainer, 183.

Texas DPS Fitness Wellness Unit

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August 9, 2019

3C Workout Competition

On July 25th, 2019, THP in District 3C put on a workout competition at the Corpus Christi District office. The competition consisted of 100 reps of the following movements for each two-man team: wall balls, sumo deadlift high pulls, step-ups, push press, followed by a 100-calorie row. 30 competitors attended the competition. The following people were the winners of the events: Trooper Denis Fru-Tumanjong HP Beeville, Trooper Gabriel Green HP Beeville, Sergeant Danny Keese HP Beeville, and Sergeant Jason Galvan Corpus Christi K9.

For other fun workout ideas, visit the Fitness Wellness Unit website where we have posted a Bands and Body Weight Workout. In addition, there is a workout posted every day that can be modified to location, equipment and skill level.

If any questions or to help set up an event where you are, please email Physicalfitness@dps.texas.gov

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August 16, 2019

Understanding Why Healthy Blood Pressure is Important

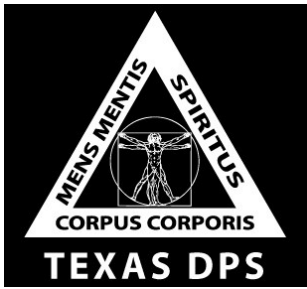
Blood pressure is the amount of pressure that is exerted onto the blood vessels arteries. The systolic pressure, the top number during a reading, is the amount of pressure that occurs while the heart contracts, meanwhile the diastolic pressure, the bottom number during a reading, is the pressure when the heart is in a relaxed state. High blood pressure, also known as the “silent killer” or “hypertension”, is a common disease in which blood flows through blood vessels at a higher than normal pressure. Having chronic high blood pressure can take a toll on various blood vessels by damaging them, making them weak, and/or stiff. This could then lead to harming your heart, kidneys, eyes and even brain. According to the US Department of Health and Human Services, about 1 in 3 adults in the US has high blood pressure. Many individuals do not know they have high blood pressure, and this could lead to a stroke or heart attack. The good news is that healthy changes in lifestyle can lower high blood pressure. Some of the healthy lifestyle changes include:

- Getting a good night’s sleep
- Eating a healthy diet
- Maintaining appropriate weight
- Being physically active
- If consuming alcohol, doing so in moderation
- Restraining from smoking

Doctors may diagnose an individual with high blood pressure if blood pressure readings are consistently high, however, positive changes in healthy behaviors can help prevent and/or treat the disease.

Ref: Wein, Harrison. ‘Blood Pressure Matters, Keep Hypertension in Check’. *NIH News in Health*, National Institute of Health. January 2016.





August 23, 2019

Success Story—Gil Glastetter, project Manager, IT

Two years ago, while attending a class in Building C (HQ), I discovered that DPS had a high-end body composition analysis machine (In Body). So I thought, why not see what I am made of? Beside the poor outward indicators, I thought I was fine and wanted to prove both my girlfriend and doctor wrong about needing to lose weight. I thought my eating habits and workout just needed some tweaking.

The In Body assessment said otherwise. My weight was not the main problem . . . the main issue was my percentage of body fat, visceral fat and muscle composition that needed correcting. I discovered that over eating, eating processed foods, eating at the wrong times, and workout had to change.

Simple changes to my daily routine consisted of:

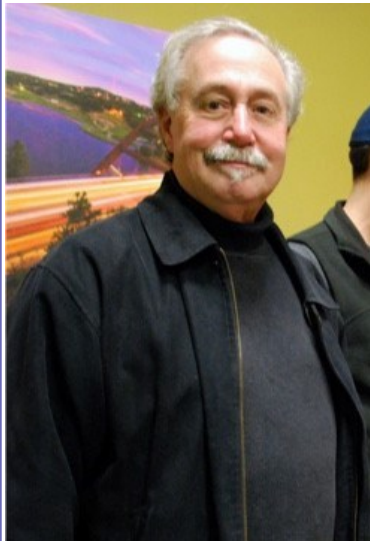
- Drinking more water
- Reducing sugars and eliminating alcohol
- Eating more fruits and vegetables, smaller portions and definitely no Ice cream before bed.
- Weekly work outs focused on building muscle with cardiovascular work in-between
- Consistent InBody analysis

I have learned that it is not solely about weight, but mostly about body composition. Turns out that everything you have heard all your life is true... eat vegetables and regular strenuous exercise. It is that simple. My motivation is to live a happier healthier life, be more active, and more energetic.

The biggest key factors in being successful for me included a positive attitude, willingness to want to change, not wanting to go back, and support from my future wife.

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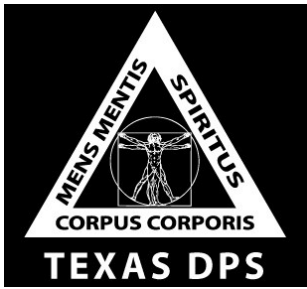


Before: Weight 177lbs, waist 36"



After: Weight 157lbs, waist 31"





August 30, 2019

Simple Tips to Get Exercise Protection

Injuries not only slow one down, they also can be expensive. Yet, there are simple things that can be done that have shown to have protective value against injuries, with one being regular exercise. Exercise may be one key to reducing injuries. In a study by Nabeel and colleagues, officers who rated their general health status as fair or poor were 8 times more likely to report chronic pain than those who rated their health as being excellent or very good (2007). Conversely, those who exercised at least 30 minutes, 4 or more times a week were 73% less likely to report back pain compared to those who exercised less.

Fitting in exercise, however, can seem like a challenge. Yet, these simple may make it seem easier to fit in exercise on a regular basis:

- Utilize small bouts as even 10 minutes of exercise makes a difference and can add up
- Take a quick stretch break during your shift by setting a reminder
- Take exercise clothes with you
- Ask someone to workout with you
- Do a few stretches/exercises while watching TV

Another frequent challenge can be lack of equipment, yet this limited equipment can provide you with options to overcome that as well. Or if looking for workouts with equipment, be sure to check out the Fitness Wellness Unit's online workout of the day.

Nabeel I, Baker BA, McGrail MP Jr, Flottemesch TJ. (2007). Correlation between physical activity, fitness, and musculoskeletal injuries in police officers. *MinnMed*, 90(9), 40-3.

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