

Bottom-line:

Sweating during exercise is perfectly normal and warranted. It's the natural process your body goes through to help regulate your temperature and cool you down. If you notice you're sweating more than you did before or not enough as you did before during your workouts talk with your doctor.

How can you can take to manage your sweat levels

- Choose workout gear that's made from lightweight, breathable fabrics such as cotton or sweat-wicking materials.
- Apply powder to areas that sweat a lot, like your feet, groin area, hands, and under breasts.
- Avoid exercising in the heat. Try to work out in the morning or evening instead.
- Control the room temperature and humidity if you're exercising indoors.
- Stay hydrated by drinking water before, during, and after you exercise.
- Use an absorbent towel to wipe away sweat while you're exercising. According to Healthline.com

SWEAT GLANDS: The eccrine sweat glands are located all over your body, although they're mostly concentrated on the palms of your hands, the soles of your feet, and your forehead. These glands, which open directly onto the surface of your skin, produce a lightweight, odorless sweat. Apocrine sweat glands open into hair follicles that lead to the surface of your skin. These sweat glands are found in areas that have a lot of hair follicles, such as your armpits, groin region, and scalp. These sweat glands produce more concentrated secretions of sweat, **which is the type of sweat most often associated with body odor.**

DO YOU/CAN YOU

DO THIS?

SHORT WELLNESS SELF-CHECKS

Do you Sweat too much or too little when exercising? Why do you sweat? The amount we sweat is dependent on many factors.

Your body needs to stay within a defined temperature range. Sweating comes is a key way to cool the body. Sweat is released through glands on your skin, the water absorbs your heat, and is then evaporated into the air, which provides the effect of cooling down your skin and therefore your body. This does not work well when there is high humidity. The sweat can not evaporate. That is why it is harder to exercise in high humidity. Sweating profusely during a workout isn't uncommon. Some people may sweat more than usual when they work out due to their level of exertion, the clothing they wear, or the indoor or outdoor temperature. How much or how little you sweat doesn't necessarily equate to the number of calories you burn or your exercise intensity. **IF YOU USE TO SWEATING AND YOU DO NOT DURING A WORKOUT YOU MAY BE DEHYDRATED.** If you are well hydrated and do not sweat talk to your doctor. It could be a condition called Hypohidrosis. The inability to sweat can be life threatening, But for others over sweat, a condition called hyperhidrosis. There are treatments for this condition. Sweating helps detoxify your body (heavy metals), releases chemicals (BPA), and is a form of bacterial cleansing (article) some have suggested. Research suggest that men sweat more and are more efficient at it than women, but both possess the same amount of sweat glands.

Self-checks: Solving problems before they happen.