BlogTalkRadio 7/7/09: Training In The Heat

Contributed by Administrator Monday, 29 June 2009 Last Updated Friday, 03 July 2009

Join me on BlogTalkRadio on Tuesday July 7, 2009 at 8:00 pm central time for the latest episode of "Consumer's Guide To Health". With the early summer spike in hot temperatures in Austin, there is no more appropriate and timely topic than this episode: "Training In The Heat". This episode will discuss the problems related to training in very challenging conditions, and how you can deal with the heat safely and effectively and remain active in the summetime heat.
Â
The special guest for this epsiode is Meredith Terranova, an Austin sports nutritionist and ultrarunner. Meredith will provide some insights into the issues of hydration and fueling in the heat.
Â
The BlogTalkRadio call-in number is 646-929-1567. You can listen online at http://www.blogtalkradio.com/abesselink and also download this and previous episodes here as well.
Â
Don't sweat it - come join the discussion!

http://www.smartsport.info Powered by Joomla! Generated: 25 April, 2024, 16:23