
Fitness Tips

by Cari Draft Elliott, BS, CPT - ACE-Certified Personal Trainer

Is sweating bad?

Question: *I sweat profusely (literally soaking wet) during my workouts. Is this an indication that I'm out of shape?*

Answer: The reason for profuse sweating is that body core temperature becomes significantly elevated by the increase in metabolic heat production during exercise. It's just your body's natural way to cool itself off!

Rather than indicating a lack of conditioning, sweat dripping off the body could just be telling you that the humidity of the environment is so high that sweat can't evaporate.

On the other hand, profuse sweating can also be a sign of being relatively fit, since one of the adaptations to consistent exercise training is that individuals will sweat more and sweat sooner so that their bodies don't store extra heat. So sweat on!

Cari Draft Elliott is an ACE-Certified Personal Trainer who makes "house calls"! Please check out her website at www.oneononefitgirl.com and email your questions to cari@oneononefitgirl.com.
