

DIZZINESS OR FEELING FAINT DURING CIRCUIT TRAINING

Here's something I come across with a participant, once every 6 weeks approximately during a circuit training class, and here are the most likely causes !!

Feeling dizzy while exercising is a common result of, 1. not eating enough, 2. dehydration and 3. improper breathing techniques, but it is not something that is considered normal or healthy. In some cases, the dizziness is a sign of a more serious issue, such as high blood pressure or heart disease, but as far as we know, the incidences of dizziness in our own Circuit Training Classes, have most likely been the result of 'Low Blood Sugar' levels, and dehydration.

***If you are exercising in the morning before eating breakfast, or haven't eaten for more than four hours, your blood sugar will usually be low, which can lead to dizziness during exercise. Other symptoms, such as nausea, increased heart rate and trembling may also occur.

***Eating at least two and half to three hours before exercising can help avoid low blood sugar. If you forget to eat a full meal, eating a smaller snack such as crackers or fruit 1-2 hours before exercise can help. Dizziness that occurs during exercise due to low blood sugar can be remedied by drinking a fruit juice or an isotonic sports drink. Regular water intake is quite sufficient before during, and after exercise, but an isotonic drink can distribute the water and sugar (with the help of Himalayan Pink salt) more quickly, when dizziness, or fatigue occurs.

***Note: Aside from being recognised as the cleanest and purest salt on the planet, some people estimate that Himalayan Pink salt, may contain up to 84 different minerals and trace elements. In fact, it's these very minerals, especially iron, that give it its characteristic pink colour, whereas table salt is more heavily processed to eliminate minerals and usually contains an additive to prevent clumping.

***Not drinking enough water before, during or after exercise can lead to dehydration. When your body doesn't have enough fluids, it can't maintain proper function. In addition to losing water, you also sweat out electrolytes, particularly sodium, that helps maintain water balance. Dehydration can lead to dizziness, headache and a dry, sticky mouth. Drinking plenty of water before, during and after will help avoid dehydration. Avoid drinking too much, as over-hydration can also cause problems. A general rule is to drink when you are thirsty, which many athletes don't do.

***Remember your home-made isotonic training drink; 7-8 twists of Himalayan sea salt in a 500ml drinks bottle, two/three 'egg-cup size' amounts of Mi Wadi (WITH SUGAR), and top off with water. Prepare in advance of any physical activity and any Circuit Training Class.

Sipping every 10-15 minutes one half hour before, and during physical activity, will reduce the risk dizziness and dehydration.

WARNING

If you experience dizziness during exercise, stop whatever you are doing and rest. Keep your head above your heart and do not lie down. Sitting on a chair or walking around may help. If dehydration or low blood sugar is the probable cause, drink water or eat a small snack. If the dizziness does not respond to drinking fluids or eating something and does not go away after an hour, contact a doctor.

SUMMARY

1. If planning to attend a morning Circuit Training Class, and don't have time for breakfast, it would be recommended that you should at least have, and be sipping, an isotonic drink before and during the class. Remember your last meal was the night before, so if you are a regular circuit training participant, low blood sugar levels would be the probability if dizziness occurs during the class.
2. Even if your mealtimes are suited to training times, an isotonic drink to have to hand, would be recommended, if your exercising intensity levels usually rate from medium to high intensity.
3. EAT. Have your lean protein, fibrous carb, and starchy carb meal no more than two and a half hours before your circuit training class.
4. WHY NOT EAT ONE HOUR BEFORE THE CLASS/EXERCISE BEGINS ?
It would be better that the body's digestive process has completed its last 'post meal' work, before starting any activity/exercise, and that can take up to two hours, depending of the foods involved.
5. How do I make my homemade Isotonic exercise drink ? ***7-8 twists of Himalayan sea salt in a 500ml drinks bottle, two/three 'egg-cup size' amounts of Mi Wadi (WITH SUGAR), and top up with water.

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