

Original Article

Actual states of hyperthermia and life habits of elderly individuals with regular exercise habits: a cross-sectional study

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ABSTRACT

【Aim】

The aim of this study was to clarify the relations between awareness of hyperthermia prevention, hyperthermia experience, and life habits among elderly individuals with regular exercise habits.

【Methods】

A written questionnaire survey was given to study participants aged 60 years or over who regularly exercised at least once a week; the survey asked about actual experiences of hyperthermia while exercising in the summer and life habits. Overall, 192 participants cooperated with the study (effective response rate: 75.6%), and all valid responses were subjected to analysis. An experience of hyperthermia was defined as a medical history of hyperthermia and the presence or absence of subjective symptoms related to hyperthermia during exercise.

【Results】

Almost all the respondents drank fluids before, during, and after exercise. At each time point, the most common beverages were water and tea. Of the respondents, 93.6% answered that they understood the symptoms of hyperthermia, and 96.9% answered that they kept the need to prevent hyperthermia in mind. Overall, 77.1% of the participants had experienced subjective symptom(s) related to hyperthermia during exercise. In the group without any experience of hyperthermia, higher percentages of participants reported having a well-balanced diet consisting of a staple food, main dish, and side dish for every meal and having confidence in their health and physical strength.

【Conclusion】

Elderly individuals with regular exercise habits were found to be highly conscious of hyperthermia prevention; however, their knowledge of hyperthermia was not accurate. Our study suggested that the provision of correct knowledge regarding hyperthermia and education regarding hyperthermia prevention including the fact that all life habits, including diet, can contribute to hyperthermia prevention might be effective.

Keywords: regular exercise, elderly, hyperthermia, dietary habit