

4-day scorcher hottest since 1895

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The University of Virginia's McCormick Observatory on Tuesday recorded a high temperature of 97 degrees for the fourth consecutive day the hottest four-day period this early in the year since 1895.

The occurrence of such high temperatures so early in the year is relatively unusual, said Jerry Stenger, research coordinator with UVA's Office of Climatology. For all intents and purposes, it's a heat wave.

The University of Virginia has kept records of local temperatures since 1894. Similar heat waves were recorded in May 1941 and June 1999, when temperatures climbed into the high 90s for extended periods.

On city streets, Stenger said, it is likely to be even hotter because building materials such as concrete, metal and asphalt absorb the heat and release it during the day. This is called the urban warming effect or urban heat island effect.

Charlottesville is taking measures to help residents beat the heat.

On Tuesday the city designated the Tonsler Park and Carver recreation centers as cooling centers, where water and air conditioning were accessible for the public. The cooling centers will be open again today.

Three Virginia residents have already died from heat-related illnesses, though none was from Charlottesville, according to a news release from the city.

Toni Dowell, who lives a few blocks from Tonsler Park, came to the center Tuesday to cool down and play some pool. Unlike some of her neighbors, Dowell does not have air conditioning in her home. It's hotter in my house than it is outside, she said. At least outside you get a breeze.

This is June and look at this I could sweat off my eyebrows, she said.

Edward Meyers, director of the emergency department at the UVA hospital, saw an influx of four to six patients Monday with heat cramps and heat exhaustion. Meyers said the conditions can usually be treated by cooling patients and giving them plenty of water and sports drinks, which replace electrolytes in the body.

For some patients a saline IV is needed to restore the normal balance of salts and water in the body.

Meyers said heat stroke is the most severe heat-related illness that occurs when the body temperature is too high, but he has not seen any cases of heat stroke so far this year.

Meyers said it's important for people to drink plenty of water and to stay cool. He said the very young and the very old should be particularly careful because their bodies are less able to regulate heat.

Martha Jefferson Hospital has had only one patient with dehydration during the hot stretch.

Stenger said the heat wave, which was caused by humidity from the Gulf of Mexico, should break today when a low-pressure system moves in. He expects the high temperature to drop 10 degrees today to the upper 80s and thunderstorms are possible.

SIGNS OF HEAT STRESS

The heat can cause serious health problems. The three most common:

Heat stroke Caused when body temperature rises quickly, sweating stops and the body is unable to cool down. Body temperatures can climb as high as 106 degrees in 15 minutes. Death or permanent disability can result. If you suspect someone is suffering heat stroke, call 911 and immerse the person in a cool shower or tub of water until help arrives.

Heat exhaustion Caused when the body loses too much water and salt from sweating. People who work outside, who have high blood pressure and the elderly are most at risk. Symptoms include a fast, weak pulse; paleness; muscle cramps; dizziness and headache. Treatment involves cooling off and seeking medical attention if symptoms worsen or persist more than an hour.

Heat cramps Caused when people sweat profusely during physical activity. Painful muscle cramps can result as the body depletes its salt and fluid. Symptoms include muscle cramps in the stomach, legs or arms. If they occur during swimming, they can be dangerous. Treatment involves resting for several hours and drinking juice or sports beverages. Medical treatment is needed if the heat cramps haven't subsided in an hour.

Virginia Department of Health

Norway is a seaside town of only 5,000 people Fang Dexia 2 Bed gym in the.

1990 my 16-year-old weighing over 130 pounds, I accompanied my brother in that simple gym with the simplest equipment training four years later, the weight gain to 225 pounds. I still firmly believe that if we have a scientific and rational training programme, to uphold for a long time hard, tenacious training, the muscles will certainly be able to grow rapidly.

First, the hard training

16 years ago, I was a football and ski jumping fans. Aerobics training start after the first year of weight on the growth of 25 pounds. Perhaps my body is very suitable for practicing calisthenics, so even if the action is also not easy to regulate long muscles. The next three years developed a rapid build muscle block plan, strictly follow from the hard training to achieve the complete restoration of muscle by the principle, I added 70 pounds muscle.

So I can quickly increase muscle, the first attributed to me from a variety of bodybuilding magazines in the accumulation of many fitness knowledge, but also thanks to my idol Arnold Schwarzenegger and his film pump iron.

Although I live in a remote area of Norway town, but I always try in the bodybuilding magazine experts and stars teach the skills, methods and principles for use in training. I often like to use more weight training, because I grow faster than their peers, have become more stronger. As a small gymnasium, Shendun, I can only use two benches do barbell stent, the addition will not use other means. Until I in the film Iron mercury, Arnold to see the barbell-Shendun, I have a barbell-. Norway cold climate, every time I use the training before a 10-minute warm-up to ensure that the neuromuscular been fully mobilized. In addition I would also like to do while training while their parents work, because they do not support my practice aerobics. Those who believe that the lack of good environmental practice and equipment on the poor people need not worry about bodybuilding, I think you have the equipment and conditions are much better than me.

Second, the pyramid Lianfa

Aerobics training in the first four years mainly as soon as possible so that their wish to become stronger, and would like to have as early as Arnold Schwarzenegger s muscle block, but also take into account all the body parts in proportion to the development of muscle.

Because of their young, so the early moves faster, I now more willing to use the relatively slow speed, then help increase the number of training on muscle circumference of good effect, it has not, I used to build high-quality muscles of the way. I think the number of training to help in control, not in each of the last few times it is used, but in the end of each group to try to re-do several times, to concern more on the muscle of the pressure and avoid On the injured.

At that time, with the exception of muscle shaping exercises (such as your browser folder chest and concentrate Curl, etc.), I used mainly Wade pyramid training method to gradually increase the muscle stimulation and access to the rapid growth of muscle, that is to say, the weight of each group to increase, Gradually reduce the number of times. Training in this way, each at the beginning of my practice to use a lighter weight and muscle to a higher frequency of heat, then increase the weight of each group, the largest weight until after the cut down, Tajian I can Safe to do 4 - 6 times. I think the higher number (12 - 15) and the low number (4 - 6) combined to build high-quality and strong muscles. Pyramid training method, I began to use the 16-year-old, now often used.

Third, the strength of the Norwegian -

I particularly like Arnold said in one sentence: If the order to become champions, they must suffering of torture, on the road ahead to break through

the layers of obstacles. In his encouragement of the poor conditions again I also use high-intensity

I often forced to do the number, when used with group-by-drop a few training and occasionally using ultra-high intensity shock the muscles can really do the training.

If you like, could also try to do crazy shocking training, only to occasionally (two for each body parts on 1), and have sufficient recovery time (one week). Back to training for shock, I can do 30 different set of primers grip of a very-up or the weight of so Yingla. Training in arms, in order to shock the muscles, I can do 20 group barbell Curl, sometimes even a few non-group, has been Liandao muscle fatigue. I think that, despite the shocking resume training with difficulties, but the growth of muscles more quickly and effectively.

To play the advantages of high-intensity training must also be able to have a hard training and you maintain consistent training partners. My legs during high-intensity training, my training partner for fear of suffering will find some reasons, such as the knee injury, or other things rather than with our joint training. I think after that he so reluctant to join me in training, because I was better than him well, or I put up with more than his suffering and pain. Thank the suffering and pain to my love and indomitable will of quality I can always go beyond pain and suffering of the obstacles, thus becoming an excellent fitness athletes.

Fourth, to find the most appropriate training method

Rapid build muscle I was 17 - 20-year-old used, it can be for many novice in training, to help avoid mistakes. It allows the muscles in the high-intensity training sufficient time to restore, I used the first year of training arrangements, practicing four times a week, each body part a week practicing two times, each time only moderate intensity training to stimulate muscle, restrictions Exercise, each site only two exercises. When I need to improve the strength of increased physical activity, a time-one of the main body parts for training. This means that five times a week to train, but apart from leg and abdominal, one week only for a training body parts 1.

It should also be noted that even if I was only 17 years old, has not overlooked any details. For example, a lot of experience against the legs of fitness, only 3 - 4 group exercises, but not the deltoid muscle in his leg as a small lateral head of the regional, stock biceps bigger than the biceps, if Biceps for at least 10 groups to do the exercises, then why not for the biceps shares in 10 groups over the practice? ! At the same time, I have never lost sight of trapezius and the deltoid beam after the training.

My favorite has strong development of Viagra and the chest, I always training on Monday as the chest, the Sunday to eat, so I do sits flat on Monday was elected at the special Youjin. But I will not do anything to the chest from the additional exercise, and always regularly trained hard all body parts. I clearly understand that to become an outstanding bodybuilding athletes, the body must be balanced development in different parts muscle. I own from the beginning will be able to maintain a proportional development of physical pleasure, I also firmly believe that it would run through my whole career aerobics movement.

5, California s dream

20-year-old when I weight over 225 pounds, started for the first time to prepare for bodybuilding competitions. 21-year-old when I attended a local bodybuilding competition and won the championship, which the germination to the United States to develop the idea. I first England Birmingham Temple gym, with vowing to become an outstanding fitness athletes. Last year, the dream has finally become a reality, I went to the United States of Venice, California gold gym training, just like Arnold Schwarzenegger in the movie pump iron has done. My goal now is to become the best professional bodybuilding athletes. Nevertheless, I never forget the times is how young people in a shabby, gloomy and cold, gym , through painstaking and unremitting efforts, finally ushered in the day a dream come true. I hope I did all you can do, a person must be able to find some of your good will and provide the impetus of the matter, as long as the go-earth manner, we will be able to gradually close to your goal.

Quick Guide by muscle

1, basic training: develop training programmes should focus on the basic compound action, such as Shendun, Yingla and sits flat elected.

2, continuously strengthen: The pyramid training method, the use of the weight to do until 4 - 6 times / group.

3, norms of action: Action to regulate, and to focus entirely on training to the muscles are not moving at the weight.

4, reasonable diet: to ensure that adequate protein and carbohydrates, diet master scientific methods.

5, the establishment of interim target: Each stage of training should have clear objectives. Constantly try to use more weight and greater strength to put pressure on the muscles.

About the Author

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