

## CGH #012: Training In The Heat | Allan Besselink

Written by Allan Besselink  
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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 summertime heat.

The special guest for this episode is **Meredith Terranova**, an Austin sports nutritionist and ultrarunner. Meredith will provide some insights into the issues of hydration and fueling in the heat.

The BlogTalkRadio call-in number is 646-929-1567. You can listen online at [http://www.blogtalkradio.com/abesselink](http://www.blogtalkradio.com/abesselink "BlogTalkRadio show: Direct Access to PT") and also download this and previous episodes here as well.

Don't sweat it - come join the discussion!