

SUGGESTIONS FOR USE OF YMCA STEAM ROOM AND DRY HEAT ROOM (Sauna)

The steam room temperature ranges between 115 – 125 degrees, with 100% humidity. The average individual can take 4-8 minutes of steam. This is enough time to allow the body to break into a full sweat. Following a workout, when the body is worked up, 4-5 minutes is sufficient, and 6-8 minutes may be needed to gain a full sweat if the body is cold.

- A Steam bath longer than 10 minutes can be dangerous. Long exposure to steam may cause the body to begin dehydration processes or result in nausea, or passing out from heat exhaustion.
- Individuals with cardiac or respiratory conditions should consult their doctor before using the steam room or sauna.

DO NOT EXPECT TO LOSE TRUE BODY FAT BY STEAM BATHS, Weight loss following a steam bath is regained by normal eating and drinking.

Muscle soreness may be somewhat eased and relief gained from taking steam baths.

Following a steam bath, it is a good idea to take a cool or cold shower to close the skin's pores and avoid colds, particularly in the winter months.

Remember, the steam bath is not a treatment or a cure, but an aid to better body functions, and common sense should guide the individual in their use.

Dry heat sauna room temperature is 170–180 degrees with 5–10 % humidity.

- The average person can enjoy the stay in the dry heat room for about 10-30 minutes compared to 4-8 minutes in the steam room.