

# A Workout Gone Wrong

Navy photo by PHAN Shannon E. Renfroe



A Sailor aboard USS *Nimitz* (CVN-68) keeps in shape while underway by working out on one of the ship's many treadmills.

Just days after leaving the Arabian Gulf during Operation Iraqi Freedom, many Sailors aboard USS *Nimitz* (CVN-68) felt less need to drink large amounts of water, thanks to cooler temperatures. Most kept themselves hydrated, though, because they realized we still were traveling through an equatorial region. I, however, was destined to learn my lesson the hard way.

I had decided to run eight miles on the treadmill, instead of the usual six, for my daily workout. Everything was going well until I reached the seven-and-a-half-mile mark—that's when I quit sweating. Even though I wasn't sweating any longer, I didn't feel any different, so I pressed on. Besides, I had only another half-mile to go—big mistake.

When I hit eight miles, I walked another mile to cool down, then left the gym. By the time I arrived at my berthing space, I had started feeling dizzy and couldn't breathe. I soon began hyperventilating and gasping frantically for air. It felt like someone was forcing a wet handkerchief against my mouth.

I alerted a petty officer in the berthing area, and she called for a medical emergency. A couple of minutes later, corpsmen arrived, loaded me onto a stretcher, and carried me to medical, where they gave me an IV. They held me for two hours of observation, then released me to my rack, SIQ for 24 hours.

The biggest lesson I learned from this experience is always to stay hydrated. I should have kept drinking water, even though the temperatures were cooler. ■

*Author's name withheld by request.*