

## Symptoms of VITAMIN D DEFICIENCY

Chronic Pain  
Muscle Weakness  
Psoriasis  
Constant Fatigue  
Depression  
Respiratory Issues  
Hypertension

Infections  
Kidney Disease  
Dementia  
Erectile Dysfunction  
Diabetes  
Periodontal Disease  
Asthma



# Fitness Friday



**Happy New Year to our Dive Rescue International colleagues and friends.**

As I write our first Fitness Friday of the new year, I wonder if winter is going to come to Colorado as we are experiencing another 60 degree day today. In spite of the warmth, we recently experienced winter solstice - the shortest, darkest day of the year. Some of us experience fatigue this time of year even when we try to focus on getting plenty of sleep. A possible cause of fatigue and tiredness (along with other symptoms like getting sick often, inability to fight infections, depression, even bone and muscle pain) could be a deficiency in Vitamin D.

Our bodies' manufacture Vitamin D when the skin is exposed to midday sun on unprotected skin (the season, time of day, length of day, cloud cover, smog, protective clothing and sunscreen affect UV radiation exposure and Vitamin D synthesis). Only about 10 minutes of exposure time is needed (depending on previously listed factors). During these shorter, cooler winter months, this is a challenge for many of us depending on where we live. If you are experiencing ongoing fatigue during your workouts, to include preparation for the annual Watermanship Test, consider talking to your doctor about Vitamin D deficiency. If you have an annual public safety physical examination that includes a blood draw, ask if a test for Vitamin D could be added to your routine lipid panel. Depending on the result, your doctor may recommend nutritional and/or supplementation.

Food sources of Vitamin D include fatty fish like salmon, rainbow trout, canned tuna, mushrooms, orange juice fortified with Vitamin D, milk/yogurt, sardines, eggs (if you eat the yolk), swiss cheese and fortified ready-to-eat cereals.

Recommended dietary allowances (RDAs) for Vitamin D vary by age and gender. Talk to your doctor to learn more.