

# WATER

OUR BODIES ARE 75% WATER!!!!!!!

## Health Benefits:

- More energy
- Perform better
- Curbs your appetite to potentially aid weight loss
- Eliminates body heat through sweat
- Reduces headaches and dizziness
- Helps with digestion and converting food into energy
- Facilitates elimination of waste
- Carries oxygen and fuel to working muscles
- Lubricates your joints and connective tissue
- Liquefies mucous when you have a cold
- Boosts endurance during prolonged exercise

## **(De)Hydration**

Almost 75% of the population is chronically dehydrated. A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math skills, and difficulty focusing on the computer screen or on a printed page. Even mild dehydration will slow down metabolism by as much as 3%. The thirst mechanism is often so weak that it is often mistaken for hunger. Dehydration or in other words a lack of water is the #1 trigger of daytime fatigue.

The best indicator of adequate hydration is not thirst. Factors such as exercise and aging may decrease your ability to judge thirst, so sip before during and after workouts. The most dependable way to monitor hydration is by the color of your urine. **If one is well hydrated, then their urine should be pale yellow to almost clear.** When dehydrated, urine will be dark yellow and have a strong odor. Other indicators of possible dehydration are dark circles under the eyes, calf cramping after an intense workout or extreme fatigue.

## **Perspiration**

When you sweat, whether you're running, cycling, skiing, or swimming, you need to replenish lost fluids to stave off dehydration. In fact, extreme hot and cold temperatures increase the need for higher fluid intake. Cold weather activities including snow-shoeing, skiing, skating, and ice hockey can leave you nice and warm but oblivious to perspiration loss. Sweating can deplete 2%-3% of the body's water during an intense workout.

## **How Much?**

How much water you should drink varies according to your gender, activity level, caloric intake and body weight. To replenish the fluid you lose in one day you much drink 1ml. Of water for every calorie consumed. The average calorie intake in one day is approximately 2000 calories. Therefore, 2000 calories=2000ml. Or 64 oz. Or 8 cups.

**Another reliable guideline is to divide your body weight in pounds by half and convert that amount to ounces. (ie:  $200\text{lbs}/2=100\text{lbs} = 100\text{oz}$  water per day)**

**Did you know?**

The sensation of thirst and hunger are generated simultaneously, to indicate the brains need. If you're not getting plenty of water, you'll likely eat more to satisfy your body's urge for H<sub>2</sub>O. If you feel hungry, try drinking a few glasses of water first. You may not be as hungry as you think.

Caffeine is one of the main components of most sodas, causes increased urine production and acts as a dehydrating agent. That's why you can drink sodas all day and never feel satisfied. The water doesn't stay in the body long enough. If you drink coffee or pop you need to drink more water than usual.

Since your brain tissue is 85% water, your brain functions rely heavily on an ample water supply. Studies have shown that with prolonged dehydration brain cells actually begin to shrink?

Just remember to bring a water bottle with you everywhere you go, and to take a second to stop at every water fountain you pass!! Without hydration, your performance and health may suffer.