

... FOR THE HEALTH AND WELL-BEING OF YOU AND YOUR FAMILY

HEALTHY HYDRATION

HYDRATION BASICS

The amount of fluids needed each day depends on age, gender, activity level, environmental conditions, the health of the person, the quality of their diet, and the number and type of medication being taken. Your body loses fluid throughout the day so it is important that you replace the fluids lost through beverages you consume or the food you eat. Why should you care? Several studies indicate that your metabolism and even concentration levels may be compromised if you are dehydrated.

ARE YOU PROPERLY HYDRATED?

How do you know if you are not getting enough fluids? Check off the questions that you can answer "yes" to:

- Is your skin dry? If you wrinkle it or pinch it, does it take awhile to "bounce" back?
- Is your urine dark? (It should be a light yellow in color)
- Do you get an unusually high number of bladder stones or bladder infections?
- Are you frequently constipated?
- Do you get groggy or experience headaches part way through the day?
- Do you have a lot of trouble staying cool or keeping warm?

A "yes" to any one of these questions may mean that your body is dehydrated and you should increase your fluid intake.



Water is your body's principal chemical component and makes up about **60** percent of your body weight. Every system in your body depends on water.

HEALTH BENEFITS OF WATER

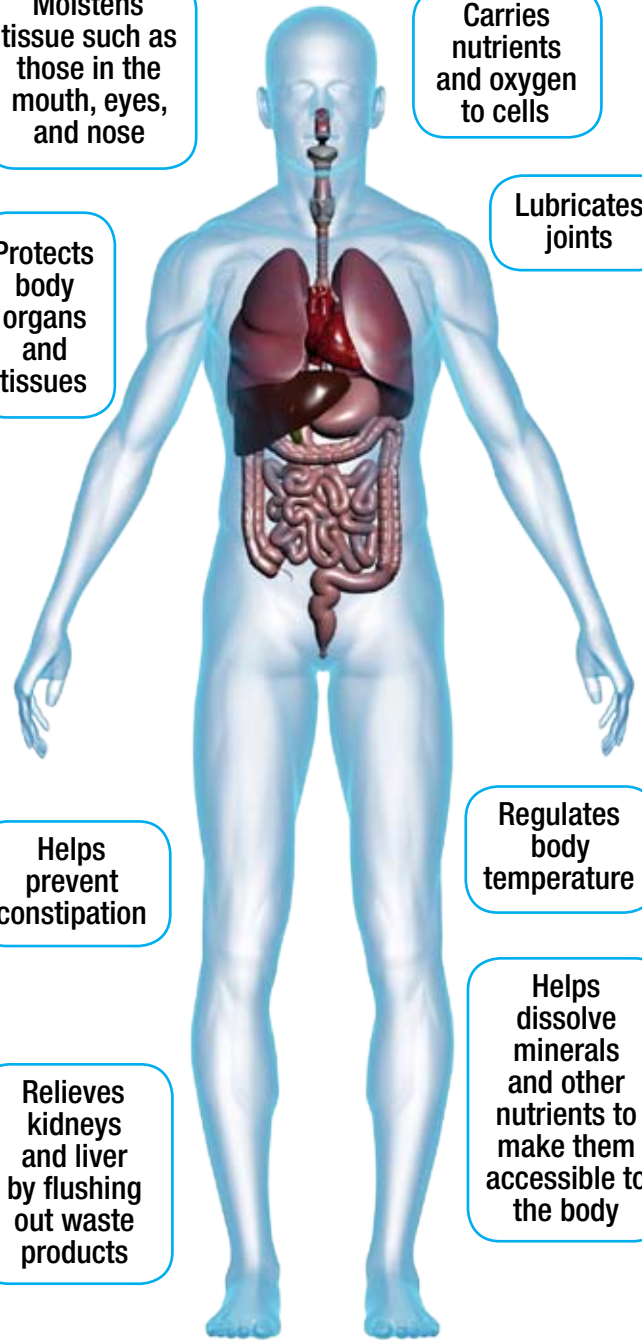
Functions of water in the body

Moistens tissue such as those in the mouth, eyes, and nose

Carries nutrients and oxygen to cells

Lubricates joints

Protects body organs and tissues



Helps prevent constipation

Regulates body temperature

Relieves kidneys and liver by flushing out waste products

Helps dissolve minerals and other nutrients to make them accessible to the body

Choose beverages that you enjoy. Several studies show that children and adults consume about 45% to 50% more liquid when it's flavored vs. plain water.

HOW MUCH WATER DO YOU NEED?

Every day you lose water through your breath, perspiration, urine, and bowel movements. For your body to function properly, you must replenish its water supply by consuming beverages and foods that contain water.

So how much water does the average, healthy adult need? In general, doctors recommend 8 or 9 cups. Here are the most common ways of calculating that amount:

Replacement approach. The average urine output for adults is about 6 cups (48 oz) a day. You lose close to an additional 4 cups (32 oz) of water a day through normal bodily functions. Food usually accounts for 20 percent of your total fluid intake, so if you consume 8 cups (64 oz) of water or other beverages a day along with your normal diet, you will typically replace your lost fluids.

Eight 8-ounce glasses of water a day. Another approach to water intake is the "8 x 8 rule" — drink eight 8-ounce glasses of water a day (equivalent to 8 cups). The rule could also be stated, "Drink eight 8-ounce glasses of fluid a day," as all fluids count toward the daily total. Although the approach really is not supported by scientific evidence, many people use this easy-to-remember rule as a guideline for how much water and other fluids to drink.

Dietary recommendations. The Institute of Medicine advises that men consume roughly 13 cups (104 oz) of total beverages a day and women consume 9 cups (72 oz) of total beverages a day.

TIPS FOR STAYING HYDRATED

- Drink a glass of water as soon as you get up each day
- Include a beverage with each meal and snack
- Add slices of lemon, lime, or orange to water for a hint of flavor
- Hydrate before, during, and after physical activity
- Take water bottles with you to work and when running errands
- Substitute sparkling water for alcoholic drinks at social gatherings

RESOURCES

www.mayoclinic.com

www.beverageinstitute.org

www.craighospital.org

For More Information visit
www.WellnessCoachesUSA.com