

for *YOUR* HEALTH

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Got Water?

Water is one of the most important nutrients in our bodies. Blood is mostly water and muscles, lungs and brain contain a lot of water too. It makes up approximately 70 percent of our muscles and about 75 percent of our brains.

Our bodies need water to regulate body temperature and provide the means for nutrients to travel to our organs. Water also transports oxygen to cells, removes waste and protects joints and organs. We use water as well as expend it. In fact, just in everyday breathing, we lose about two cups of water. Other ways we lose body water are through sweating and urinating. If we fail to replenish these losses, we set ourselves up to become dehydrated.

Dehydration

Water is lost through urination, respiration and by sweating. If you are very active, you lose more water than if you are sedentary. If your body senses low water stores, it will tell your kidneys to conserve the water instead of excreting it (darker colored urine will result). Dehydration can also lead to constipation and bloating. Other symptoms of dehydration include:

- dry mouth and tongue
- lack of energy
- muscle cramping

Thirst is an obvious sign of dehydration but you actually need water long before you feel thirsty.



5 Tips for Preventing Dehydration

1 Drink plenty of fluids – At least eight 8-oz. glasses per day.

- Mix it up – If you get bored with plain water, add a bit of lemon or lime for a touch of flavor;



flavored water is an option, but watch for extra calories.

- Have water handy at all times – Keep a bottle of water with you when you are working, traveling or exercising.

2 Avoid caffeinated beverages and alcohol – Both contain substances that will cause dehydration.

3 Avoid carbonated beverages – The carbonation may cause bloating or a feeling of fullness and prevent adequate consumption of fluids.

4 Wear light colored, absorbent, loose fitting clothes – This helps prevent excessive sweating.

5 Stay in cool, shaded areas – If you must be in the sun, protect your skin with sunblock whenever possible.