

Tired? Headache? Try a drink of water

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You can't rely on thirst to tell when your water level is low. To make sure you get enough water when you exercise, weigh yourself before you start. Then drink fluids before and during your exercise. Weigh yourself again when you are done. Every one pound lost represents two cups of water that needs to be replaced. Here are some ways water works:

- Quenches thirst
- Aids digestion
- Cools your body during exercise
- Flushes out wastes
- Carries nutrients to cells
- Reduces risk of kidney stones
- Lubricates joints
- Promotes good skin tone
- Relieves headaches
- Decreases premenstrual bloating
- Curbs appetite and snacking

Here are some interesting facts on hydration for you to ponder:

1. 75% of Americans are chronically dehydrated. (Likely applies to half the world population.)
2. In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.
3. Even MILD dehydration will slow down one's metabolism as much as 3%.
4. One glass of water will shut down midnight hunger pangs for almost 100% of the dieters studied in a U-Washington study.
5. Lack of water is the No. 1 trigger of daytime fatigue.
6. Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
7. A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.
8. Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79% and one is 50% less likely to develop bladder cancer.

Source Unknown — but I think I'll go get a drink of water just to be safe!!

Submitted by Kim Andersen
Wellness Committee