

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

WAYS TO INCREASE HYDRATION

The Importance of Hydration

60% of your body is made up of water. Water is essential for your body to function properly. It regulates body temperature, cushions and protects vital organs, and aids the digestive system. Water also transports nutrients and eliminates toxins and waste from the body. When the body is hydrated, the brain cells are supplied with oxygen-laden blood that helps to keep blood pressure at normal levels. Water is so important that you cannot survive longer than a week without it.



The Effects and Symptoms of Dehydration

- Dehydration occurs when the loss of water exceeds the amount that is taken in.
- 1% to 2% of dehydration can impair judgment and decision making.
- Symptoms include: dry mouth, dizziness, lightheadedness, nausea, and fainting.
- Severe symptoms include: fever above 103 degrees, inability to sweat, decreased urine production, and weight loss. These symptoms require immediate medical care.



Tired of Just Plain Water?



- **Flavored Ice Cubes** – By freezing your favorite fruit juices in an ice tray, you can enjoy flavored ice cubes that make a more exciting and tasty glass of water.
- **Fresh or Frozen Fruit** – Adding slices of fresh or frozen fruit such as orange, mango, melon or peach to a pitcher of water is an easy way to add flavor.
- **Cucumber** – An old favorite. Slices of cucumber make for a refreshing addition to water.

Coach's Quick Take

Out of Sight - Out of Mind

Always keep a bottle of water with you. Carry it with you throughout the day or place it where you can see it. You will be more likely to drink it often and you will be building a healthy habit.

Sip, Sip, Sip

Freeze a bottle at night and sip it as it thaws throughout the day.

Fruit and Vegetable Water Content

Nearly all food has some component of water in it, however natural, whole foods have the highest water content.

Try improving your hydration with some of the fruits and vegetables below:

Fruit	Percent Water	Vegetable	Percent Water
Tomato (red)	94%	Cucumber	96%
Strawberries	92%	Lettuce	96%
Watermelon	92%	Celery	95%
Grapefruit	91%	Zucchini	95%
Cantalope	90%	Cabbage (green)	93%
Peach	88%	Eggplant	92%
Orange	87%	Spinach	92%
Pineapple	87%	Broccoli	91%
Blueberries	85%	Carrots	87%

Hydration Tips When Travelling

Whether you choose to go organic or opt to mix conventional and organic foods, be sure to keep these tips in mind:

- Make sure you always carry a bottle of water when traveling.
- Bring a small cooler with you to keep water and other sources of hydration cool.
- Cut up fruit and vegetables to place in a plastic bag. This not only keeps you hydrated, but also increases fiber and vitamin intake.
- If traveling by plane, carry a reusable bottle through the security checkpoint and refill the water bottle at a restaurant or on the airplane. This is a great way to avoid paying triple the amount for a water bottle at the store in the airport.
- Try to avoid or limit sugary drinks such as Gatorade, fruit juices, or soda. The sugar in these drinks will further dehydrate you.
- Hot or humid weather can make you sweat and requires additional fluid intake. Bringing a frozen water bottle will help keep you hydrated. Heated indoor air can also cause your skin to lose moisture during wintertime.
- Women who are expecting or breast-feeding need additional fluids to stay hydrated. Large amounts of fluid are used especially when nursing. The Institute of Medicine recommends that pregnant women drink 2.3 liters (about 10 cups) of water daily, and women who breast-feed drink 3.1 liters (about 13 cups) of water a day.



Need to Replenish Electrolytes?

Try one of these natural ways to replenish your electrolytes instead of reaching for a sports drink which are often high in added sugar and/or artificial sweeteners.

Try This Instead of That

JUICE: 6 celery stalks + 1 lemon + 1 apple

BLEND: 1 frozen banana + 1 cup almond milk + 1 cup Kale

STIR in water: 1/2 tsp sea salt + 1/2 tsp baking soda + lemon juice + 1 tsp maple syrup

SHAKE: 8 ounces raw coconut water + 1 tbsp Chia seeds

