

Health & Wellness Newsletter July 2022



The Benefits of Drinking More Water

- Improves energy
- Increases metabolism
- Promotes weight loss
- Improves digestion and bowel regularity
- Flushes toxins
- Improves immune function
- Helps Balance pH
- Helps keep skin looking young



Insufficient water intake

when the heat & humidity

are high can lead to

heat related illnesses like:

- *Heat Rash*
- *Heat Cramps*
- *Heat Exhaustion*
- *Heat Stroke*

Dehydration is identified as the cause of many ailments like headaches, fatigue and dizziness. Thirst is the body's way of signaling inadequate hydration. You should respond to this signal right away and drink water or fluids with electrolytes such as Gatorade or Pedialyte.

Your body is made up of between 55% to 78% water depending on your age. Newborn babies are 78% water, a one year old is 65% water, adult women are estimated to be 55% water and adult men are said to be made up of about 60% water.

Your heart and brain are made up of 73% water, bones are estimated to be 31% water and the list goes on.

The body's thermoregulation or temperature control is located in region of your brain called the hypothalamus. It activates receptors in your skin and other organs to make you lose heat and maintain a normal temperature. Sweating cools the body via evaporation. Adequate hydration is necessary to regulate your temperature. Be good to yourself and your co-workers by staying well-hydrated.



Prevention is Key

Start your day off right. Come to work well-hydrated.

While working in the heat drink 8oz of water every 15-20 minutes.

Don't stop now! After work-Cross that finish-line! Continue to drink water for several hours as able to ensure adequate hydration.

Some beverages are better than others for hydrating your body. Water and sports drinks that contain electrolytes are recommended especially when exercising, participating in sports or when working in a hot environment. A good way to keep track of your fluid intake is to carry a water bottle and keep it full. Adding a dash of flavor can encourage you to drink more fluids.

Another way to track just how much you drink a day is to mark it on calendar over several weeks. Set a goal to drink at least 64oz-72oz of water/day and see how you feel. Do not drink more than 48oz/hour. Chronic dehydration put you at risk for medical conditions like kidney stones. Remember to monitor the color, amount and frequency of your urine.

U R I N E

Lighter is better

Fun Ways to Stay Hydrated

- + Eat foods with high water content like fruits, vegetables and soups**
- + Add flavor to your water by adding fruit or low sugar flavoring**
- + Freeze Gatorade, Lemonade or Pedialyte into popsicles**
- + Drink sports drinks when your activities cause heavy sweating**
- + Take frequent breaks in a cool place**

<https://my.clevelandclinic.org/health/treatments/9013-dehydration>; <https://www.cdc.gov/niosh/mining/UserFiles/works/pdfs/2017-126.pdf>;
www.strengthandsunshine.wordpress.com