



## **DEHYDRATION**

With fast-paced, stress-filled lifestyles, many of you opt for beverages such as coffee, soft drinks, and alcohol instead of water and you believe you are quenching your thirst but these substances force water out of the body, creating an even greater need to compensate with more water. Excess insulin that is released to respond to sugary drinks and snacks create further dehydration.

1. 75% of Americans are chronically dehydrated.
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. Lack of water is the #1 trigger of daytime fatigue.
5. One glass of water shut down midnight hunger pangs for almost 100% of the dieters studied in a U-Washington study.
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. Water leaves the human body five minutes after consumption, when you breathe out water vapour, perspire, or go for a leak.
9. One pound equals 16 ounces of sweat
10. For every pound lost, replace with 16-24 oz. of fluids within 24 hours.

### **Hydration Before Exercise**

- Drink about 15-20 fl oz, 2-3 hours before exercise
  - Drink 8-10 fl oz 10-15 min before exercise

### **Hydration During Exercise**

- Drink 8-10 fl oz every 10-15 min during exercise
- If exercising longer than 90 minutes, drink 8-10 fl oz of a sports drink (with no more than 8 percent carbohydrate) every 15 - 30 minutes.

### **Hydration After Exercise**

- Weigh yourself before and after exercise and replace fluid losses.
  - Drink 20-24 fl oz water for every 1 lb lost.

