

Drink Up

Year Round Hydration

From the hot, sultry days of summer to the bone-chilling days of winter, your body needs water to maintain its normal temperature.

Staying well-hydrated is important no matter what the weather. Extreme temperatures act more quickly to dehydrate the body, making it important to drink water-based beverages even though you may not feel like it. Try to drink eight 8-ounce glasses every day, with increased amounts for added activity. If you spend lots of time outside, your need will increase.

Beverages that best meet hydration needs include water, juices, milk or caffeine-free coffee or tea. Carrying a water bottle makes it easy to remember to drink. Alternating water and coffee in your mug is another way to meet your needs.

Bottled Water

Bottled water, in many cases, is no better than the water in your tap.

Bottled water is convenient and that makes it nice for people who have trouble remembering to consume the recommended eight to 10 glasses of water they need each day.

When it comes to nutrition, some bottled water may not have the fluoride that is found in tap water. For most people, water is the best source of fluoride so relying on bottled water may compromise this intake.

Check the label for added fluoride or try filling an empty bottle with tap water so both the convenience and fluoride are still there.

Water, with a side of...

Bottled waters now contain everything from more oxygen to vitamins. But are those additions necessary?

Eating a variety of foods makes it easy to consume enough vitamins; more vitamins won't improve athletic performance, unless you were vitamin-deficient to begin with.

If you prefer flavored water over plain, check the label for calories per serving and added sugars.

If you don't want to spend extra money on bottled water, try adding a lemon, lime, orange slices or a small amount of fruit juice to enhance the flavor of tap water.

Eat Your Water?

Water does far more for your body than just satisfy your thirst. Almost every body cell, tissue and organ needs water to function. In fact, water is the nutrient your body needs in the greatest amount.

The Dietary Reference Intakes from the Institute of Medicine advise an Adequate Intake level of 3.7 liters (125 ounces) of total water daily for males ages 19 and over. For females 19 and older, it's 2.7 liters (91 ounces) daily.

While drinks supply a good portion of your water needs, solid foods also provide a surprising amount. For example (number in parentheses is the percentage of water by weight):

Lettuce (95%)
Apple (86%)

Watermelon (91%)
Yogurt (85%)

Broccoli (89%)
Rice, cooked (70%)

Grapefruit (89%)
Cheddar Cheese (37%)

Carrot (88%)

Keep your body functioning normally and avoid dehydration by eating healthfully and by drinking your recommended amounts of water.

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