

EXERCISE AND... HYDRATION

WHAT IS IT?

HOW DOES IT AFFECT ME?

WHAT EFFECT WILL EXERCISE HAVE ON IT?

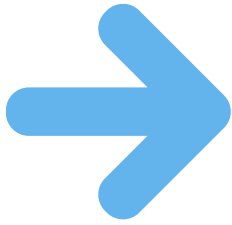
WHAT IS IT?

Our bodies are made up of about 50-60% water, we drink it or eat food that contains it every day, and every health related report in the media says we need to drink more of it! But what does it do?

Water regulates body temperature, transports nutrients and oxygen, carries away waste, helps detoxify the kidney and liver, dissolves vitamins and minerals and cushions the body from injury! But this comes at a cost; every day you lose on average 10-12 cups of water, which needs to be replaced to maintain your body's important fluid balance.

Water is best, but milk, juices and other beverages are about 90% water, so they can help meet your hydration needs. Caffeinated beverages and alcohol act as diuretics and increase fluid loss, so they don't count! In fact, have an extra glass of water for each cup of these liquids that you drink!





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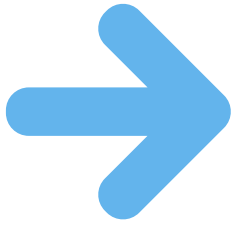
WHAT IS IT?

**HOW DOES IT
AFFECT ME?**

**WHAT EFFECT
WILL EXERCISE
HAVE ON IT?**

HOW DOES IT AFFECT ME?

Many experts believe that if you wait until you are thirsty, you are already slightly dehydrated. Drink a glass of water when you wake up in the morning and another glass before you go to sleep. Because water is so important to all our bodily functions, a reduction in it can have a huge affect on our physical and mental performance. **Just 2% dehydration can lead to a 10% reduction in exercise performance! Dehydration will also affect your mental sharpness and therefore your productivity!**



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To prevent dehydration while exercising and perspiring, you must replace water at a faster rate than it is being lost. The American Dietetic Association (ADA) recommends at least two cups of fluids two hours before exertion, followed by another two cups of water approximately 15-20 minutes before endurance exercises. During exercise replenish fluids every 15-20 minutes.

If you don't take in fluids at least 15 minutes before endurance exercise this is just 1 factor in the contributor to STITCH as it takes this amount of time for your small intestines to absorb the fluid. If you don't have the right amount of fluid balance in the stomach and the intestines an abdominal lining called the Parietal Peritoneum will start to rub and cause some discomfort that is a cause of stitch. This is also apparent if you have taken too much food on and the stomach will push the outer wall together which again will cause friction if the fluid balance isn't correct.

If you notice unexplained increases in thirst and urination, consult your doctor to determine the cause. Increased thirst and urination (both in volume and frequency) can be symptoms of some illnesses, including various forms of diabetes.

When in doubt, fill your glass again! Eight 8-ounces glasses of water daily is the standard rule of thumb, but you may require more, especially if you exercise.

You will also need to drink extra amounts of water in dehydration conditions such as hot, humid or cold weather or high altitudes. You should drink more if you have a cold or the flu, and even more if you have a fever. Additionally, some weight management experts believe that drinking a glass of water before meals can help reduce cravings and aid digestion.

The importance of water cannot be underestimated- it is the essence of our cells, and our cells are what form together to make us! So, drink and be happy!