

Are you getting enough hydration?

We can help!

PHYSIOTHERAPY
MASSAGE
FITNESS
738-8299



3636 Westfield Road
humanperformancecentre.ca

What is the first step of being healthy, you ask? It's simple, **water**. Every cell, tissue and organ in your body needs proper hydration to function correctly. Your body uses water to maintain body temperature, removal of waste and to lubricate joints. You lose water each day when you excrete waste, sweat, every breath, when your body temperature elevates and most of all when you experience physical illness. Body hydration loss needs to match your daily intake of water it is essential for full body health because on average, your body is 75% water.

How do you know if you are dehydrated?

Symptoms may include:

- Little / no urine, or darkened urine;
- Dry mouth / extreme thirst;



Miranda McDonald Registered Massage Therapist

If you have any questions or concerns for Miranda, please contact her directly at Miranda.mcdonald@humanperformancecentre.ca.

- Fatigue;
- Headaches;
- Altered mental state (confusion / minor short term memory impairment); and
- Dizziness or feeling of being lightheaded;

What amount of water should I drink daily?

There are different recommendations for daily water intake. The most common recommendation is to consume 6 to 8, 8-ounce glasses of water daily, however, there are many variables such as weight, height, age but most importantly, where you live.

Some people are at higher risk of dehydration, if you are active, medical conditions and those who physically restricted to be able to receive enough fluids during the course of the day.

What about sports drinks?

If you are planning on exercising at a high intensity for longer than an hour, a sports drink could be more helpful in maintaining a

healthy hydration level because they contain carbohydrates that can help prevent sudden drops in glucose levels. Sports drinks help to replace electrolytes if you have a rise in body temperature or are physically ill. Choose wisely, sports drinks are often high calorie content, can contain high levels of sodium and may contain caffeine. You must check the serving size, some drinks are meant for more than one serving. It is best to attempt to stay hydrated naturally for your body to absorb water properly.

Tips for staying hydrated

- Keep a bottle of water with you during the day. Consider carrying a reusable water bottle that's BPA free;
- If plain water does not interest you, try adding a slice of lemon, lime or frozen fruits;
- If you're going to be exercising, make sure you drink water before, during and after your workout;

- Start and end your day with a glass of water and water with every meal;
- When you're feeling hungry, drink water. The sensation of thirst is often confused with hunger. True hunger will not be satisfied by drinking water. Drinking water may also contribute to a healthy weight loss plan, as some research suggests drinking water can help you feel full;
- Add coconut water to your everyday beverages ex: smoothies, juice at home, homemade popsicles / ice cubes etc.; and
- Drink a glass of water for every glass of wine or coffee.

(Reference:

<http://familydoctor.org/familydoctor/en/prevention-wellness/food-nutrition/nutrients/hydration-why-its-so-important.html>)



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... We Can Help.