

Hydrating Well & Increasing Awareness

LIVING WELL – JULY 2023

Did you know that your body needs water to survive?

- ✓ Every cell, tissue and organ in your body needs water to work properly. From maintaining your body's temperature to lubricating your joints, good hydration is essential for our overall wellness.
- ✓ Our bodies all have different requirements, but the general guideline is to drink six to eight glasses of water per day (one glass is considered 8 oz.), so 48-64oz every day.
- ✓ It takes about five minutes for your body to start absorbing the water you drink, with peak absorption taking 15 to 60 minutes, depending on your body's state of hydration.

*Life is simple,
just add water!*



Good hydration does not just mean drinking water from a glass:

- ✓ Water can be found in fruits and vegetables - such as strawberries, melons, oranges, grapes, peaches, pineapples, watermelon, cucumbers, celery, carrots, spinach, radishes, zucchini, tomatoes and lettuce - and in soup broths. Fruit and vegetable juices, milk (which also contains electrolytes and protein) and herbal teas are all sources of water.
- ✓ Caffeinated drinks, such as coffee, tea and soda, can contribute to daily water intake however they have diuretic effects that can cause frequent urination which depletes hydration.
- ✓ Sports drinks can be beneficial when exercising at a high intensity for more than an hour, as they contain carbohydrates and electrolytes that can increase energy and help your body absorb water - however read the label first as many are high in calories from added sugar or artificial sweeteners and may contain high amounts of sodium (salt) and caffeine.

Here are some tips for healthy daily hydration habits to incorporate into your day:

- ✓ Keep a refillable bottle of water with you during the day- water is the best and least expensive way to stay hydrated.
- ✓ You can add a slice of fresh fruit - such as lemon, lime or orange - to flavour your water.
- ✓ When you feel hungry, drink water first as thirst is often confused with hunger.
- ✓ If you find you neglect drinking water during the day, sip on a schedule - drink water when you wake up, at breakfast, at lunch, at dinner and before bed - or simply have a small glass of water each hour.

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“If there is magic on this planet, it is contained in water.”
- LOREN EISELEY

How do you know if you are not getting sufficient hydration:

- ✓ If your urine is colorless or light yellow you are well hydrated.
- ✓ If your urine is dark yellow or amber in colour you are dehydrated.
- ✓ If you have dry mouth, feel drowsy, confused or lightheaded, you could be dehydrated.

And remember:

- ✓ By the time you feel thirsty, you are already slightly dehydrated.
- ✓ It is vital to rehydrate during and after any activity that causes sweating to avoid dehydration, such as when spending time outside on a hot day, an intense workout, sauna session or a hot yoga class.
- ✓ If you drink alcohol, drink water too - a glass of water for each drink - to avoid dehydration.
- ✓ Energy drinks usually contain large amounts of caffeine and ingredients that overstimulate and do not offer good hydration.

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