

Water, Water, Everywhere

Depending on our age, water makes up at least half if not more of our body weight and serves many important functions in the body. Water moves nutrients around in the body, carries away waste, adds moisture to the eyes, nose, and mouth, keeps skin hydrated, protects against heat exhaustion, and helps carry medications to the right parts of the body.

Do You Drink Enough Water?

Many things may impact how much water you need, such as the type, intensity, and frequency of physical activity you do. If you do not drink enough water or other fluids, you might experience signs of dehydration. You may feel lightheaded, dizzy or nauseated. If you do not drink any fluid to correct this situation, your body temperature will begin to rise, which can lead to heat stroke. Your body needs fluid in the form of water or other beverages, such as juice, milk, tea, sports drinks, and soda. You get some of the fluid you need from the food you eat. The following table indicates the amount of fluid you should get from water or other beverages every day.

Amount of Fluid We Need
From Beverages Daily

| Age (in years) | Male | Female |
|-------------------|---------|--------|
| 1-3 | 4 cups | 4 cups |
| 9-13 | 8 cups | 7 cups |
| 14-18 | 11 cups | 8 cups |
| Over 18 | 13 cups | 9 cups |



Staying Hydrated During Exercise

Be sure to replace any fluid you lose during exercise. One way you can check to see whether you are hydrated is by weighing yourself without clothes before and after you exercise. Any difference in weight before and after you exercise is water weight and needs to be replaced. To replace the water you have lost, drink 16 ounces of fluid for every pound lost. If you are unable to weigh yourself, another indicator of dehydration is the color of your urine, which should be straw-colored, not the color of apple juice.

Myth Buster

Fact or fiction: Beverages that contain caffeine will contribute to your daily fluid needs? FACT! Research has shown that beverages containing caffeine, such as soft drinks, tea, and coffee can contribute to meeting your daily fluid needs as much as non-caffeinated beverages, such as water, milk, and juice do. Some of these beverages may contain calories, which should be accounted for in your diet.

What About Sports Drinks?

Sports drinks are designed for active people. Because these drinks taste good, some people drink more of them than they would plain water. Although you replace more fluid the more you drink, the extra calories in sports drinks can add up quickly. A typical sports drink has 50-80 calories per 8-ounce serving. Many bottles hold 20 ounces, which is actually two and a half servings per bottle, or 125 calories. For most people, the most important fluid to drink during exercise is plain water.

Contributed by Jackie Duffy, RD, LDN and Kathryn Kolasa, PhD, RD, LDN, Food Literacy Partners Program. East Carolina University. Brody School of Medicine. Department of Family Medicine, July 2004

Foods with a high water content:



lettuce
95%
water



grapefruit
91% water

watermelon
92% water



carrots
87%
water



broccoli
91%
water

Strengthen your Core and Improve Your Balance with the Pointing Dog on the stability ball



Starting in the prone position on the ball find your balance point with your hands and toes touching the floor. Now roll slightly forward until you can support your weight on your hands while lifting first one foot then both. Once you feel comfortable move one hand more toward center while lifting the other.

Strawberry Smoothie

- 1 cup soy milk
- 1/2 cup rolled oats
- 1 banana, broken into chunks
- 14 frozen strawberries
- 1/2 teaspoon vanilla extract
- 1 tablespoon apple juice concentrate



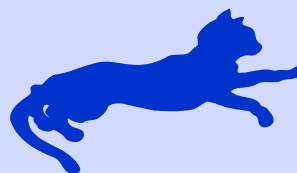
In a blender, combine soy milk, oats, banana and strawberries. Add vanilla and sugar if desired. Blend until smooth. Pour into glasses and serve.

Don't Blame Aging

But you're not destined to grow softer and weaker just because you're getting older. Experts say most muscle loss comes from not using your muscles enough as you age, rather than aging itself. Using your muscles regularly will help them stay strong and firm, regardless of age, an important reason for older adults to strength train. Studies have shown that men in their 60s and 70s who strength train regularly have muscles that look and perform as well as inactive men in their 20s and 30s.



http://www.aarp.org/health/fitness/get_motivated/a2004-03-22-strengthtraining.html



CURIOSITY CORNER

Send in your questions and we will answer them in future issues.



Can exercise lower my blood pressure?

High blood pressure and exercise are closely related. Small changes in your daily routine can make a big difference.

The risk of high blood pressure (hypertension) increases with age. And like it or not, you get older every day. But you don't need to sit back and wait for high blood pressure to strike. Get moving! Regular exercise can help prevent high blood pressure, which reduces the risk of cardiovascular disease and stroke. And if your blood pressure is already high, exercise can help you control it.

How exercise helps

How are high blood pressure and exercise connected? Regular physical activity makes your heart stronger. A stronger heart can pump more blood with less effort. And the less your heart has to work, the less force, or pressure, that's exerted on your arteries.

Becoming more active can lower your blood pressure by an average of 10 millimeters of mercury (mm Hg). That's the same effect as some blood pressure medications. For some people, it's enough to reduce the need for blood pressure medication.

If your blood pressure is at a desirable level — less than 120/80 mm Hg — exercise can keep it from rising as you age. And there's more. Regular exercise also helps you maintain a healthy weight, another important way to control blood pressure. The caveat? You need to keep it up. It takes about one to three months for regular exercise to have a stabilizing effect on blood pressure. The benefits last only as long as you continue to exercise.

Response taken from the Mayo Clinic web site:
<http://www.mayoclinic.com/health/high-blood-pressure/HI00024>



WAEwards Fitness Professionals

Certified Personal Trainers & Certified Lifestyle and Weight Management Consultants



Rise to the Challenge – Be Fit For Life

visit our web site at: www.waedwards.net

Start your program today. Contact us for a free fitness evaluation.

WAEwards, Modesto, CA • 209-521-0689 • bfit4life@waedwards.net