



Preventing Dehydration

Water is the foundation of your architecture, composing more than half of your body weight. If you have wondered why water is so important and why staying hydrated is crucial, here are some answers:

Why do I need water?

Water provides the necessary components for producing sweat, the body's mechanism for controlling body temperature. It also cushions and protects your organs and aids digestion. Water allows your joints to move and helps make mucus, an important body lubricant. Additionally, each cell in your body needs water to transport nutrients and to get rid of wastes.

What is dehydration?

Throughout the day, even when not exercising, you slowly lose water because it evaporates from your breath and through your skin. When you exercise, you naturally sweat to keep cool by releasing heat from your body. If you do not replenish the water loss, your body will go into a state of dehydration.

In situations of prolonged activity or on hot days, your body cannot cool itself adequately, meaning you are more likely to become dehydrated. You could potentially suffer from heat exhaustion or even heat stroke if you do not consume enough water.

How do I know if I am dehydrated?

Being thirsty is the number one sign. Other indicators may include muscles cramping and having low levels of energy. Also, be aware of dark yellow urine and urinating noticeably less than normal.

What can I do about dehydration?

Boost your fluid intake. Drink before you become thirsty. When you feel thirsty, your body is already becoming dehydrated.

How much water should I consume?

Experts usually recommend drinking eight glasses of water a day. Drink fluids steadily throughout your day. It is especially important to get fluids before, during, and after exercise. Be sure to also consume fruits and vegetables, because they have high water content.

What about soda, iced tea, and coffee?

These beverages may harm your efforts to stay hydrated, because the caffeine in these drinks is a diuretic. Diuretics cause the body to excrete water through urination rather than retaining it for healthy hydration.

Source: UnitedHealthcare



For more information regarding the TeamHealth Wellness Program, go to the Wellness Website (teamhealth.com/wellness).

Contact wellness@teamhealth.com with any questions you may have.