

“Keep on Sipping This Summer” Hydration Calendar

**Water is important to the body at all times,
but especially in warm weather.**

**Keep your body
healthy and happy
with these
easy-to-follow
tips and facts.**

bodyzonesports.com



BODY
ZONE
Sports and Wellness Complex

July

2022

- 1** FACT: Everyone is at risk for heat-related illnesses such as heat exhaustion or heat stroke if not properly hydrated.
- 2** TIP: Give your digestive system a boost by starting the day with a hot cup of water with a squeeze of fresh lemon.
- 3** FACT: Headaches, dizziness and drowsiness are all signs of dehydration. Keeping up your fluid intake will keep you feeling healthy and alert.
- 4** TIP: Keep a water bottle with you at all times, so you can sip throughout the day.
- 5** FACT: Popular energy drinks are very different from sports drinks. They are full of caffeine and sugar, and can be dehydrating instead of thirst-quenching.
- 6** FACT: Your body is about 60% water, so replenishing what your body uses is important.
- 7** TIP: Create a daily consumption schedule and set an alert on your phone or work computer to remind you to drink.
- 8** FACT: Getting water into your body is only the first step towards hydration. Keeping it there and getting it to cells/tissues is dependent upon electrolytes like potassium and sodium. Consume potassium-rich foods like bananas, avocados & greens, and use high-quality sea salt.
- 9** FACT: Just a 2% decline in hydration can cause a decrease in physical performance, and around 5% dehydration can cause a 30% decline in your physical performance.
- 10** TIP: Drink an extra 12oz of fluid for every 30 minutes of exercise.
- 11** TIP: Eat your water by consuming lots of fruits and vegetables. You can freeze fruit juice for a frozen treat, or make veggie soup.
- 12** FACT: Dehydration can cause a host of digestive problems like acid reflux, gastritis, and constipation.
- 13** FACT: When you are dehydrated, your attention and concentration can decrease by 13%, and short term memory by 7%.
- 14** TIP: Install water filters in your home, or use a pitcher-type filter to always have smooth-tasting water on hand.
- 15** FACT: Water is absolutely essential to the human body's survival. A person can live for about 1 months without food, but only about 7 days without water.
- 16** TIP: Stock the car with water bottles to always have some on hand.
- 17** FACT: Water naturally moisturizes the skin and ensures proper cellular formation underneath layers of skin to give it a healthy, glowing appearance.
- 18** TIP: Kick off your day with a hydrating smoothie. Add 6-8 oz of electrolyte-rich coconut water to your favorite smoothie recipe.
- 19** FACT: Chronic dehydration can cause high blood pressure and high cholesterol.
- 20** FACT: Exercise, hot environment, high altitude, illness, and pregnancy/breast feeding are all instances where your body will require more water than normal, so add to your daily total.
- 21** TIP: To calculate how much water you need daily, multiply your weight by 0.67.
- 22** FACT: For a majority of sufferers, drinking water can significantly reduce joint and/or back pain.
- 23** TIP: Choose water instead of sugar-sweetened beverages. Substituting water for one 20oz soda will save you about 240 calories and result in about a 2 pound weight loss per month.
- 24** FACT: Water leads to better health by flushing out wastes and bacteria that can cause illness.
- 25** TIP: To "spark up" your water, try making fruit-infused water. Fill up a pitcher with water, lemon slices, orange slices, cucumbers, berries, or mint. You can find good recipes online.
- 26** FACT: Water can prevent and alleviate headaches.
- 27** TIP: Put 4-5 rubber bands around a 16oz water bottle. Every time you finish a bottle, remove the rubber band and refill the bottle.
- 28** TIP: Drink before you feel thirsty. Your body uses thirst to indicate that you're approaching dehydration.
- 29** FACT: Water is the primary mode of transportation for all nutrients in the body and is essential for proper circulation.
- 30** FACT: Water helps deliver oxygen to all parts of your body.
- 31** TIP: Instead of guzzling water a few times per day, try sipping throughout the day. Your body absorbs more water this way.