



WHY WATER?

BY AUTUMN MICHAELIS

Why do we need water?

It's no surprise that with 60-70% of the body being made up of water, water is a part of every body cell, tissue, organ, and process. In body functions water plays a particularly important role by:

- ♦ Regulating body temperature
- ♦ Transporting nutrients, oxygen, and glucose to cells to give you energy
- ♦ Cushioning joints
- ♦ Removing wastes from the body

Getting enough water

How much is enough? The general recommendation for the average adult is 2-3 liters (64-96 oz. or 8-12 cups) of water daily. Another suggested way to figure out your water needs is to take your weight in pounds and divide by 2. This equals the number of ounces to drink daily (*this equation only works for adults or children weighing over 100 lbs.). Don't worry about possibly drinking too much - with the exception of certain health conditions, your body will only use the water it needs and eliminate the rest.

Signs of dehydration

If you only drank when you were thirsty, you would only put back 50-75% of the fluid you have lost. Thirst is a late response of the body to fluid depletion. Don't wait until you feel thirsty to drink and don't stop drinking once you feel your thirst has been "quenched." Since the brain is 75% water, it is understandable that some early symptoms of dehydration include decreased energy, headaches, and dizziness. Other symptoms include

- ♦ dry lips, mouth, and skin
- ♦ increased body temperature or labored breathing
- ♦ infrequent trips to the bathroom (should be every 2-3 hours) or dark colored urine (*considered by some to be the best indicator of dehydration - it should be light/almost clear)

Children, elderly, the ill, and those who are physically active are at the highest risk for dehydration.

**Remember, dehydration is always easier to prevent than treat!

Physical activity and water

The amount of fluid necessary to replace sweat losses during exercise varies greatly among individuals depending on the environment, the exercise intensity, and the duration of the exercise. However, here is a simple suggestion from the American College of Sports Medicine (ACSM):

- ♦ **Pre-exercise:** Consume 2 cups 2 hours prior, and drink 1-2 cups 10-15 minutes prior
- ♦ **During exercise:** Consume at least 1 cup every 15-20 minutes
- ♦ **Post exercise:** Consume 2 cups for every pound of weight lost (weigh yourself before and after exercise, as weight lost represents lost body water)

Additionally, drink cool water, as it helps lower your body temperature.

So what about sports drinks?

ACSM states that "with few exceptions, water is the replacement drink of choice." Sports drinks boast of their added electrolyte replacement and carbohydrate supplementation. However, ACSM further adds that "electrolyte losses are usually small during brief exercise sessions, and persons consuming a normal diet easily replenish electrolytes when the next meal is eaten." (ACSM's Guidelines for Exercise Testing and Prescription, 6th ed. 2000)

Are there any times sports drinks *are* recommended? For exercise periods longer than 60-90 minutes, sports drinks are often recommended because of the needed energy consumption beyond dehydration needs. However, if weight loss is your goal and you are not working out in periods of more than 60 minutes, sports drinks provide you unneeded additional calories (not to mention the cost).

Water's role in dieting and good nutrition

Due to the fact that our thirst mechanism is so faint, dehydration is often mistaken as hunger, which can lead to overeating. If you are hungry, try drinking a glass of water. After thirty minutes, if you are still hungry, you might consider a snack. Also, because drinking water helps maintain your energy level and ward off fatigue, it can prevent you from using a high sugar snack to keep you awake and alert.

UPCOMING EVENTS

TO REGISTER, OR FOR MORE INFORMATION VISIT
www.byu.edu/wellness OR CALL 8-5884

ALL EVENTS ARE  **FREE** UNLESS OTHERWISE NOTED

- 1 FITNESS @ BYU: 3K FUN WALK**
AUGUST 28, 11:45 A.M. -12:45 P.M.
RB & SFH QUAD (Register during the first half hour in the quad between the RB and the SFH)

Are you aware of all the fitness opportunities right here at BYU and how to take advantage of them? Come learn and walk with us! Not only will you learn more about fitness facilities and opportunities at BYU, you will enjoy great exercise, healthy snacks, and enter to win fun prizes. **First 200 participants to complete the walk receive the first-ever BYU Wellness Hat!**

- 2 SWIMMING SKILLS : WELL & WISE SEMINAR** 
10 A.M. - 12 NOON, SEPTEMBER 19, RB POOL

Swimming is a great exercise that is gentle on your joints. Come improve your basic swimming skills with this quick-tips seminar that includes instruction on improving technique, drills to improve your skills and add variety to your routine, and a chance to get personal feedback!

- 3 FALL TEAM FITNESS CHALLENGE: BACK TO SCHOOL, BACK TO BASICS, SEPTEMBER 29-NOVEMBER 14**
REGISTRATION DEADLINE: SEPTEMBER 24

Join us for the latest and best-ever fall team fitness challenge! It's a great way to start building a healthier lifestyle and strengthen relationships with your coworkers. Start rounding up your team now! (*Student employees and spouses of personnel are welcome to participate, but they cannot exceed the number of full-time personnel).

What's NEW:

- Team can be between 5-8 members (no longer limited to exactly 6 members)
- Less complicated, more basic requirements and points system
- Better prizes (how does eating at the Skyroom sound?)

- 4 CHOLESTEROL SCREENING**
SEPTEMBER 22-24, 7:30-10:30 A.M.
3211 WSC

Come test your cholesterol and triglyceride levels! By appointment only, appointments can be made online or by phone at 8-5884. Please remember to fast for 12 hours prior to your appointment (you can drink water).

CHEF'S CORNER

LOW FAT BANANA BREAD (MAKES 1 LOAF OR 12 SERVINGS)

- | | |
|--------------------|------------------|
| 3 ripe bananas | 2 egg whites |
| 3/4 c white sugar | 1 3/4 c flour |
| 1/4 c margarine | 1 3/4 c flour |
| 1 tsp. baking soda | 1/2 c applesauce |
| 1/2 tsp. salt | |

Mix all ingredients until well blended. Bake at 350 degrees in a pan sprayed with non-stick cooking spray for 70 minutes or until you can stick a toothpick in the middle of it and it comes out clean.

Calories per serving: 180

Fat per serving: 3.5 g

***Low fat cooking tip: You can use applesauce for half or all of the oil or margarine/butter required in baked goods to cut the fat.**

DID YOU KNOW?

- ◆ On average, Americans consume 17.6 cups of beverages each day. Of that amount, only 6.1 cups are water.
- ◆ Nearly three-quarters (73%) of Americans know that it's recommended to drink eight or more cups (8oz) of water daily. However, about half (51%) admit to drinking less than this amount.
- ◆ Americans give a variety of reasons for not drinking enough water, the most common being lack of time/being too busy (21%). Other reasons include: don't like the taste (13%), prefer other beverages (12%), forgetting (10%), and not feeling thirsty (8%).
- ◆ About 33% of what Americans drink every day can actually cause dehydration because they contain caffeine or alcohol.
- ◆ The average American uses anywhere from 50-150 gallons of water each day: 39% for bathing and washing, 30% for pools and lawns, 29% for toilet flushing, and only 1.5% for drinking and cooking.

Sources: The International Bottled Water Association, and The New Wellness Encyclopedia