



Information from  
[www.bodybreak.com](http://www.bodybreak.com)

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Group Insurance Solutions

## Prevent Dehydration

Water makes up about 60% of body weight and is involved in almost all body processes.

### Here are a few of the many functions that water performs:

- delivers nutrients, including oxygen, to cells,
- carries wastes away from the cells,
- helps regulate body temperature, and
- provides shock absorption around tissues and organs.

## Symptoms of Dehydration

One of the most common symptoms of dehydration is fatigue. Others include headaches, dizziness, thirst, and dark, scant urine. It's important to note that by the time you're thirsty, you're already partially dehydrated and suffering the consequences! Our bodies are a little slow at telling us when we need more fluid, so drink enough fluids to prevent thirst.

Signs that you're getting enough fluids include light coloured urine and going to the washroom frequently. Note that if you take vitamin supplements your urine may turn dark so volume is a better indicator.

## Fluid Choices

Water is by far the best hydrator. The majority of your fluid intake should be from water. Other choices include juices, milk, and non-caffeinated, non-alcoholic beverages.

Hint: If you don't like the taste of water try adding some lemon or orange slices to a jug of water or make some fruit spritzers with soda water and cranberry or orange juice mixed together.

Drink your fluids throughout the day instead of at one or two sittings. This way your body has a constant supply of fluid to draw on.

## Water Loss During Exercise

While you're active, your muscles produce heat, which increases body temperature. Sweating helps the body cool down through evaporation of sweat from the skin. Most of the water lost during exercise is through sweat; a small amount is lost through the air breathed out.

As fluid is lost, the water content of the blood decreases. This decrease in blood volume results in less blood and oxygen getting to the heart and muscles. The result equals less power, strength, and endurance and a decreased ability to control body temperature.

### Preventing Dehydration During Activity

**During the Day:** Drink a minimum of 6-8 cups (1.5-2 litres) throughout the day so you are well hydrated when you start exercising.

**Before Exercise:** Drink 1-2 cups (250-500 mls.), 15 minutes before exercise. This water will be used during exercise. Avoid or limit beverages containing caffeine (tea, coffee, cola, chocolate) and alcohol.

**During Exercise:** Drink about 1/2-3/4 cup (125-175 mls.) every 15 minutes.

**After Exercise:** Drink beyond thirst and until urine is clear. Drink 2 cups (500 mls.) of fluid for every pound lost. Any weight change during exercise is fluid loss, not fat loss.

Along with your fluid intake, WHEN you eat also has a significant impact on whether you have some reserves left over at the end of the day.