

Make *Yours* Healthy Choices!

Fitness

Water: How much should you drink every day?



Water is your body's principal chemical component, comprising roughly 60% of your weight. There are many functions of water in our bodies. Water moistens tissues such as those in the mouth, eyes and nose, protects your organs and tissues, helps to dissolve minerals and other nutrients to make them more accessible to the body, regulates our body temperature, lubricates our joints and carries oxygen to the cells. Nearly all of the major systems in your body depend on water.

The Institute of Medicine recommends men to drink about 13 cups of total beverages a day, and women about 9 cups a day.

To avoid dehydration, make sure your body has all the fluid it needs. Nearly all healthy adults can do the following to make sure they stay hydrated:

- Drink a glass of water with each meal and between each meal
- Hydrate before, during and after exercise
- Substitute sparkling water for alcoholic drinks at social gatherings

Exercise: 7 benefits of regular physical activity

1. Strengthen your cardiovascular and respiratory systems

Exercise strengthens your heart and lungs. Your blood travels more efficiently, bringing much needed oxygen from your lungs and nutrients to the rest of your body.



2. Keep bones and muscles strong

Strength training and weight bearing exercises help preserve bone mass and may even increase bone density.

3. Manage your weight

By burning more calories than you take in, you can reduce body fat, giving you a healthier body composition.

4. Prevent and manage diabetes

Exercise can help insulin work better and can lower your blood sugar.

5. Ease depression and manage pain and stress

Exercise fights depression by activating the neurotransmitters, serotonin and norepinephrine. When you experience depression, the level of these neurotransmitters may be out of sync.

6. Reduce the risk of certain types of cancer

Regular exercise helps lower the risk of cancer of the colon, prostate, uterine lining and breast.

7. Sleep better

Moderate exercise at least 3 hours before bedtime can help you relax and sleep better.

Eating and Exercise: Timing it right to maximize your workout

When and what you eat can affect your performance and the way you feel while you're exercising. To get the most from your workout follow these guidelines:

- Eat a full breakfast.
- Time your meals. Eat large meals at least 3-4 hours before exercising.
- Don't skip meals.
- Eat after your workout. To help your muscles recover and to replace glycogen stores, eat a meal which contains both protein and carbohydrates within 2 hours of your session if possible.

Food provides your body with necessary energy. To make the most of your workouts, focus on:

- Carbohydrates/ your body's chief source of fuel
- Proteins and fats / important but not your body's top fuel choice
- Water / drink plenty to avoid dehydration

When it comes to eating and exercise, everyone is different. Pay attention to how you feel during your workout and your overall performance. Let your experience guide you on which pre-post exercise habits work best for you.

Note: This information is meant to complement the advice of your health care providers, not to replace it. Talk to your doctor if you have any health care concerns.