

# W.O.W.

WAC ON WELLNESS

## HYDRATION: WHY IS IT SO IMPORTANT?

- Water makes up approximately 60% of our bodies. This vital nutrient is required in every body system, making hydration a key factor in our overall health
- The side effects of slight dehydration are often overlooked or attributed to life's stressors, symptoms include; lack of energy, irritability, headaches, dry skin and muscle cramps
- Benefits to staying hydrated; healthy skin, joint health, proper brain function, sharper memory, cardiovascular health, and helps alleviate digestive disorders
- Most men need 13 cups (104 oz.) of water per day and women need 9 cups (72 oz.) per day
- For every pound of weight lost during exercise drink 16 oz. of water to replenish lost fluids
- During your workout be sure to drink 8 oz. every 15 min to counteract sweat loss
- If plain water leaves you bored try infusing your water! Add lemon, cucumber and mint, raspberries, or vanilla extract to mix it up!
- Keep a water bottle on you at all times, visual reminders are helpful
- Drink 8 oz. of water before meals and an additional 12 oz. with meals
- During the hot summer months be sure to munch on foods with high water content for added hydration:
  - Bell peppers (92% water)
  - Cantaloupe (90% water)
  - Carrots (90% water)
  - Celery (96% water)
  - Cucumbers (95% water)
  - Grapefruit (91% water)
  - Orange (87% water)
  - Iceberg lettuce (96% water)
  - Pineapple (87% water)
  - Spinach (96% water)
  - Strawberries (92% water)
  - Tomatoes (94% water)
  - Watermelon (95% water)
  - Zucchini (95% water)



BY SAMANTHA BAUER  
WAC Menomonee Falls Registered Dietitian  
sbauer@thewac.com



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FIND YOUR FIT.

Always consult your physician before starting any exercise program.  
www.thewac.com/wow