

RISE UP! NUTRITION CHALLENGE

Week 6: HYDRATION

Water is the most important nutrient the body needs. We can go 8 weeks without food, but only a few days without water. Water makes up 55-60% of our body mass. Water plays a crucial role in countless bodily functions. Just to name a few:

- Transports nutrients
- Enables cellular hydration
- Cushions bones and joints
- Absorbs shocks to joints and organs
- Regulates body temperature
- Removes waste and flushes toxins
- Maintains normal electrical properties of cells

How much water do we need a day?

- A simple equation can help:

$$(\text{BODYWEIGHT} / 2) + (\text{OZ of Diuretics} \times 1.5) = \# \text{ FLUID OZ needed daily}$$

- FOR EXAMPLE: If you weigh 150 lbs and drink 8 oz of coffee you would need a minimum of 87 oz of water a day!
- NOTE: Don't consume more than a gallon of water a day regardless of weight.

Electrolytes

- Water depends on electrolytes for proper absorption.
- Electrolytes are minerals that conduct electricity when dissolved in water.
- Often we are getting enough water but not enough electrolytes to use it.
- An electrolyte supplement or a pinch of sea salt in your water can add critical electrolytes into your system.

Diuretics

- While they are yummy at times, diuretics can wreck havoc on our bodies. Aim to reduce your dietetic input in the challenge and always factor them into how much water you need.
- For every oz. of a diuretic beverage you need 1.5 oz. of water.
- Popular diuretics include: Coffee, alcohol, black tea, matcha, soda, juice.

Problems if we are lacking water:

- **Digestive**-the digestive system needs so much water to function properly. Water is needed to make hydrochloric acid to break down foods. The mucosal lining needs water to remain lubricated. Water is important for the large intestine to rehydrate feces so it can leave the body.
- **Mood**- Because water is so essential to every part of our body, when we are dehydrated (chronically or acute) our mood can shift and change. Our bodies are telling us it is lacking what it needs for survival.
- **Joint pain**- Water cushions and lubricates the joints. When we become dehydrated the joints become sticky and stiff. Our joints are the first thing in the body to become dehydrated and the last thing for the body to hydrate. It can take 3 months of proper hydration for the joints to become sufficiently hydrated.
- **Migraines/headaches**- Headaches are a common acute sign that we need water. However, sometimes migraines can be caused by prolonged dehydration.

Signs and symptoms of dehydration:

- + Pain around mid-back region
- + Dark circles or puffy under the eyes
- + History of kidney stones
- + Dark or cloudy urine
- + Constipation
- + Joint Pain
- + Migraines
- + Heart Burn
- + Anxiety
- + Fatigue
- + Cravings
- + Cramps