



KNOW YOUR LIMITS



WITH HYDRATION IN THE HEAT

In the summer, it is easier for our water levels to dramatically decrease, especially when we are exercising. Every cell, tissue, and organ needs water to function optimally. It can be tedious to drink plain water, but adding some fruits will make this task a lot easier.

How Much Water Do I Need?

- Women need 9 cups (2.2L) of water
 - Men need 12 cups (3L) of water
- (www.dieticians.ca)

Hydration Tips

- Always carry a reusable and durable water bottle with you
- Drink before, during, and after a workout
- Hunger is often confused with thirst
- If urine is darker than usual, it means you are dehydrated

Symptoms of Dehydration

- Tired or sleepy
- Headache
- Dry skin
- Dry mouth
- Less frequent urination
- Dark coloured urine

Urine Colour Chart

Urine Color	Possible Meaning
Clear	Good hydration, overhydration or mild dehydration
Pale Yellow	Good hydration or mild dehydration
Bright Yellow	Mild or moderate dehydration or taking vitamin supplements
Orange, Amber	Moderate or severe dehydration
Tea-Colored	Severe dehydration

Electrolytes and Exercising

Electrolytes are lost when you exercise. They help in muscle contractions and transmission of nerve impulses. Electrolytes, which are positively charged ions, should be replenished to prevent cramping and muscle damage. Homemade electrolytes drinks are healthier and more affordable to make when compared to the standard electrolyte drinks on the market. Keep yourself hydrated this summer with electrolyte-replenishing drinks! Try the Lip Twister!

The Lip Twister – Tart and Sweet

Ingredients:

- ¼ cup of lemon juice
- ¼ cup of lime juice
- 1 teaspoon of sea salt or Himalayan salt
- 1 whole squeezed orange
- 1 liter of water

Directions:

Mix all the ingredients together. Chill before serving.

Source: www.fitday.com

