

## **DISCUSSION TOPIC: Hydration**

### **The Importance of Water:**

- Water is one of the most important substances on Earth and is needed by all plants, animals, and people to survive.
- Water is very important for our bodies and our bodily functions and dehydration in any setting affects performance and can lead to injury.

### **What Water Does for Our Bodies:**

- Water comprises more than 60% of our body weight.
- Lack of water is the #1 trigger for daytime fatigue.
- As little as a 2% drop in water level of the body can cause problems with short-term memory.
- Water regulates the body's cooling system.
- Water acts as a lubricant and cushion to our joints.



### **What causes dehydration?**

When your environment, activity levels, illness, or a combination of these factors increase your body temperature you will notice an **increase** in:

- Sweating
- Respiratory rate
- Feeling thirsty
- Dry mouth

These are all signs that your body is working harder to keep cool and prevent your temperature from getting too high. Unfortunately, these symptoms also mean that dehydration has already begun, and your water levels need to be replenished.

### **Tips for Staying Hydrated:**

1. It is recommended to drink at least 50oz to 64oz of water each day. This is about **three to four regular-sized water bottles a day**. Some people may need more water than this, as this is only a minimum amount to shoot for.
2. Many people do not realize how little water they actually drink, start paying attention to how much you drink today and add to it if needed.
3. Do not wait until you are thirsty to drink water. By the time your body feels thirsty, dehydration is already occurring.
4. Other beverages, such as soda or coffee, steal water from your body and make you more dehydrated. Limit these types of drinks throughout the day.

*With our extremely warm Okanagan summers, it is essential that we stay on top of our hydration and ensure that we are drinking enough water each day to prevent any effects of dehydration and/or heat-related illnesses.*