

H Y D R A T E N A T U R A L L Y

W I T H



At osumo we are dedicated to feeding you as much information as you can possibly stomach. This month we have decided to spread the word about the importance of keeping hydrated. Dehydration is a dangerous symptom that can have negative effects on your daily functionality.

HERE ARE SOME INTERESTING FACTS ABOUT WATER:

- It is even more important for our bodies to have water than protein, carbohydrates, vitamins or minerals
- Our body is made up of approximately 60% water
- Muscle holds more water compared to body fat. The leaner you are the more water you need to drink
- On average, females and the elderly have less water in their bodies
- Over 70 % of the earth's surface is covered with water.
- You should drink 8 glasses of water a day, excluding water you must drink during exercise
- You can only survive for approximately 3 days without water

WHY IS WATER SO IMPORTANT IN MY DIET?

- Water helps to maintain healthy body weight by increasing metabolism and regulating appetite.
- Drinking water can prevent and alleviate headaches
- Water leads to greater health by flushing out waste and bacteria that cause disease.
- Water aids in the digestion process and prevents constipation
- Water is the primary mode of transport for all nutrients in the body and is vital for proper circulation
- Water makes the skin smooth and prevents aging.
- Water gives luster and shine to the eyes

SOME IMPORTANT INFORMATION ABOUT DEHYDRATION:

- When you feel thirsty your body is already dehydrated.
- Children dehydrate more easily than adults do.
- Water allows the body to metabolise fats more efficiently.
- Fatigue is often a symptom of dehydration
- The human body has no water storage to draw on during dehydration. This is why you must drink regularly throughout the day
- By the time you feel thirsty, your body has lost over 1 percent of its total water amount. So drink before you get thirsty!
- A dehydrated skin looks much older than a hydrated one.
- Drinking water keeps your skin looking youthful. and vibrant

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SOME SYMPTOMS OF DEHYDRATION TO LOOK OUT FOR:

- *lack of concentration - lack of skin elasticity - dry mouth - extreme thirst - little or no need to visit the loo*
- *rapid heartbeat - clammy hand - headache - dizziness*

HINTS ABOUT HOW TO KEEP HYDRATED:

- Start your day with a glass of water or a mug of hot water with lemon and a squeeze of honey.
- Give your digestive system an early morning boost.
- Drink a glass of water before you go to bed. Our bodies lose water while we sleep.
- Keep a bottle of water with you at all times, you'll be surprised to see how easy it is to drink the correct amount of water without even trying.
- Create a drinking water routine; have a glass of water with every meal and with every cup of tea / coffee.
- Don't forget to eat fresh fruit and veg, they all have plenty of water in them and will help you keep hydrated.
- Remember that caffeine is a diuretic and will cause your body to lose water faster than usual.
- When you feel peckish, ask yourself if you are hungry or thirsty? We often confuse thirst for hunger.
- Drink water before, during and after exercise. This will help keep your body temperature and heart rate lower and replace fluid lost through perspiration.
- You need to drink more water in the hot weather since your body loses water as you perspire

HOW MUCH IS ENOUGH AND CAN I DRINK TOO MUCH?

- The amount of water you drink per day depends on several factors such as climate, physical activity and your diet.
- On average we should drink 6-8 glasses of water per day (approx. 2.5L per day)
- Don't forget that eating fruit and vegetables also contribute to your daily water intake as they are 80-90% water by weight.
- Drinking too much water can lead to water intoxication. This is more commonly found in children under the age of 6 years and athletes.
- Healthy kidneys can process pretty large amounts of water per day so the chances of drinking too much is not very likely. The idea is to drink water continuously throughout the day and not large amounts in a short space of time. Keep well-hydrated not over hydrated.