

GET hydrated! R. Jacobsmeyer

Vol 2, 2012

Water, although often we are exercising in it we don't always think about the importance of this essential fluid to our bodies. Do you drink 8 cups of water a day? If the answer is no, then you have been doing your body disservice. The body tends to lose water faster in perspiration, especially in warm temperatures. You think you can replenish it by drinking a glass of water, right? Not always, your body sensations for thirst or hunger decrease as you age. Actually when you are hungry, you feel thirsty and vice versa.

Oxygen is the first essential nutrient; water is composed of oxygen making it the second most important nutrient. Water makes up all body fluids and aids in the absorption of other nutrients such as vitamins and minerals. Water helps the body in regulating body temperature.

When the body's hydration levels are low the body will often produce muscle cramps or nausea. In the worse cases of dehydration the body will actually shut down, become disoriented and suffer heat exhaustion.

Here is a simple equation to ensure you are drinking enough water: Take your weight and divide it by 2 and try to find a container big enough to equal that amount and sip it throughout the day. Example: 140 weight /2 =70 Need to drink 2, 32 ounce bottles plus 1, 6 oz. bottle for one whole day from the time you rise to the time you go to bed.

When exercising outdoors or in warmer climates, carry an extra water bottle for yourself or to give to a class member in case of emergency. As always, follow your physician's directions if you are on any medication that does not allow a lot of water intake. Please be sure to share this info with your classes and Keep Hydrated!

Earn 1 CEC for \$5 by answering these :

What is the most essential nutrient for our body?

What percentage does water make-up in our bodies?

How does one stay hydrated in warm temperatures?

What happens when you are not properly hydrated?

Name two opposing muscle groups used in water exercise?

Mail this test with \$5 (Members may use their vouchers) to
A-PAI, 547 WCR 18. Longmont, CO 80504

A passing score of 80% is required and a CEC certificate will be mailed back to you to count toward renewal.

Name _____

Address _____

Phone _____ E-Mail _____

Either send check or money order to A-PAI

Or Circle one: Visa, Mater Card, Discover, or American Express

Name as it appears on credit card _____

Credit Card Number _____ Expiration Date _____

Billing Statement Zip Code _____ Security Code _____

Billing Statement Address _____