

WATER

According to the American Dietetic Association, it is not 8 glasses of water a day; it's eight, 8oz. Servings, at sea level. At altitude this should be increased to ten, 8oz. Servings. However, those 8 cups are just a guideline. For instance, you should add a cup: if you exercise, live in a warm climate, or drink more than 2 cups of coffee or alcohol a day. Air travel and working in a climate-controlled office required an additional 1-2 cups. While some fruits and vegetables are as much as 95 % water, these can't be included in your daily intake, because the 8 cups was calculated assuming you eat plenty of fruit and vegetables. Fully re-hydrating the body doesn't occur as fast as you might think. Even after consuming large amounts of water, your dehydrated body can take from a few hours to a day or more to completely re-hydrate.

Tissues such as the muscle and skin, which are predominantly water, take the longest to recover from dehydration. A good sign is if you urinate every 2-4 hours and your urine is clear or light in color. Most people take water for granted not realizing how desperately their bodies crave it. Don't wait until the tap runs dry to realize how important water is, start today replenishing your body and begin to reap its many rewards.

Tips to help you drink enough water:

- 1. Start your day with 8 oz. Of water first thing in the morning and 8 oz. At bedtime.**
- 2. Carry a water bottle with you wherever you go. Drink steadily throughout the day.**
- 3. If you drink coffee, for every cup of coffee, drink a cup of water to replace the water you lost drinking the coffee.**
- 4. Enhance the taste of water by adding lemon, lime, or orange slices.**
- 5. When exercising drink water before, during and after your workout.**