

FITNESS, HEALTH AND EXERCISE FACTS

Presented by LEC Fitness, LLC



Proper hydration is a key element to optimal health! The health benefits of proper hydration are many – from temperature regulation to even affecting your blood’s viscosity.

We’ve probably all heard the old adage of “*drink eight 8-ounce glasses of water each day.*” Today, health and fitness experts like the American Council on Exercise (ACE) and the Mayo Clinic offer slightly different advice. According to these two organizations and others, estimates on how much we should be drinking each day range from 2.2 – 2.7 liters for women, and 3.0 – 3.7 liters for men; perhaps even more if we are involved in daily exercise that makes us sweat. Also, water is NOT the only beverage that is counted towards our hydration quota.

The truth is that “proper hydration” may be a bit more individually determined, depending on a number of factors. As a result, a common rule-of-thumb used is to check your urine – light pale color, and plentiful urination generally means proper hydration, says ACE. There are exceptions, so if you have special circumstances, such as are on medication, check with your physician for any special needs or effects that those circumstances may present for you.

One word of caution: Many of you may have read or heard about the dangers of *drinking too much liquid*, although fairly uncommon according to the Mayo Clinic, the condition *hyponatremia* can lead to problems associated with dilution of the mineral content in the blood. So, carefully monitor your fluid intake.

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