



Monthly Wellness Newsletter | July 2018

## The Benefits of Hydration

Did you know that physicians and dieticians suggest that the average adult drink at least 64 ounces of water each day? Whether you sip on four, 16 ounce bottles throughout the day, or you have a few 8 ounce glasses with meals and snacks, staying hydrated should always be a priority.

While some find it convenient to count ounces and track their water intake in a journal or on a phone app, others may find it difficult to pay close attention to how much they drink each day. Staying hydrated is much easier when you also incorporate water-filled foods into each meal. Fruits such as strawberries, pineapples, watermelon and grapefruit can add a hydrating boost to your breakfast, whereas greens, especially iceberg and romaine lettuce, and other vegetables such as broccoli, radishes, celery and cucumbers can keep you hydrated through lunch and dinner.

Below are a few reasons to stay well-hydrated, especially during these warm mid-summer days.

### Avoid Physical Impairment

Surprisingly, our bodies are made up of over 60 percent water. This means that each time we lose fluids, through sweating for example, we need to fully replenish that water. When water is not replaced quickly and fully, dehydration may set in. Losing as little as 2 percent of your body's water content can lead to fatigue and extreme body temperature swings in the form of fever or chills. It is important to hydrate before, during and after exercise to avoid energy loss, cramps and unnecessary muscle soreness.

### Prevent Minimized Energy and Brain Function

In addition to physical fatigue and impairment due to water loss, studies have found that even mild dehydration can have a negative impact on mental functionality. Mild dehydration has been linked to impaired mood and concentration, increased frequency of headaches, feelings of anxiety, increased fatigue and even memory decline. Staying hydrated ultimately offers the brain the support it needs to promote strong mental and emotional health.

### Flush Toxins and Boost Your Immunity

Drinking plenty of water allows your body to easily flush toxins from your system through sweat and urination. This cycle promotes healthy digestion and prevents kidney stones and UTIs. The continuous replenishment of water also strengthens the immune system, allowing the body to fight off common colds and headaches.

### Lose Weight and Feel Great

Water removes fat by-products and reduces appetite, while promoting joint lubrication and muscle elasticity. Together these benefits increase your metabolism and minimize pain during exercise, ultimately promoting weight loss and physical strength. By drinking water throughout the day, you may also be less likely to grab a sugary beverage. Cutting out sugary juices and sodas is a simple way to lessen

your calorie intake by 100s of calories each day, leaving room for healthier foods and drinks. Staying hydrated also keeps your skin and hair healthy, helping you to feel good inside and out.

### Improve Your Mood and Productivity

Your brain is made up of almost 75% water, so staying hydrated is comparable to charging your mind. Hydration also promotes strong mental health by helping you to think and concentrate. Staying hydrated ultimately keeps you alert, focused and energized, offering a simple and healthy way to stay productive at work and at home without relying on highly caffeinated beverages or sugary snacks.

Drinking a glass of water when you wake up each morning will offer a boost of energy to get you ready for the day and sipping from a refillable bottle throughout the morning and afternoon will give your body and mind the support it needs to keep moving. Be sure to travel with water, especially on warm days, and challenge yourself to incorporate hydrating foods into each meal, every day. Whether you carry a water bottle to all of your meetings or snack on cucumbers in the afternoon, make hydration a priority and your body will thank you.

---

To learn more about staying hydrated or to reach a Wellness

Expert, contact eni by calling:

**1.800.327.2255**