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## Words To Live By...

*"If you believe you can, you probably can. If you believe you won't, you most assuredly won't. Belief is the ignition switch that gets you off the launching pad."*

—Denis Waitley

*"Everyone has his burden. What counts is how you carry it."*

—Merle Miller

## Are You Hydrated?

### *The Importance of Hydration: Strategies and Tips to Keep You From Running on Empty*

*Here's your CrossFit Sanctify Active Health Training Series Tip Sheet #2. Be sure to read it, and then file it away so it's always handy for quick reference and a refresher on the fundamentals of health and fitness success.*

Up to 60 percent of the human body is water, the brain is composed of 70 percent water, and the lungs are nearly 90 percent water. So what is one of the main things we need to not only run our bodies optimally, but also to survive—water!

Lack of water can lead to dehydration, a condition that occurs when you don't have enough water in your body to carry on normal functions. Even mild dehydration can sap your energy and make you tired.

So how much do you need to not just stave off dehydration but to maintain optimum health?

### **Consume Roughly One-Half Your Weight In Ounces of Pure Water Each Day**

This is a general rule of thumb for the average person. For example, a 150-pound person should consume about 75 ounces of water or a little over nine 8 oz. glasses each day.

Factors that might increase your

need for additional water are exercise, your environment, or certain health conditions.

### **"You're Not Sick, You're Thirsty!" Signs of Dehydration**

Simply feeling thirsty isn't a reliable gauge of your body's need for water. A better check on hydration, as unpleasant as it may sound, is the color of your urine - clear or light-colored urine means you're well hydrated and dark yellow or amber color usually signals dehydration.

Other signs can vary - symptoms of mild dehydration can include: sleepiness or tiredness, dry mouth, muscle weakness, headache, dizziness or lightheadedness.

### **Carry Your Water Bottle With You Everywhere**

If you work in an office where you have access to a water cooler, great - bring your bottle with you and continue to fill it up during the day. Your co-workers may wonder why you're making additional trips to the toilet, but who cares! You are optimizing your health (and they will soon see the BIG differences in your body...and your energy).

### **Make it A Game!**

Make a goal to drink 5-6 eight ounce bottles or cups of water during your workday, and then 2-3 in the evening. Have fun with it, giving your body what it needs will have you feeling great!

### **If You Have Questions...**

Call us at 608-441-0888 or e-mail [info@crossfitsanctify.com](mailto:info@crossfitsanctify.com) for answers to your questions or additional support with exercise, nutrition and motivation. Our promise to you is to always be there for you. *You are not alone in this anymore!*



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