

Healthy Living

At Lake Gibson Village

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Drinking water does more than just quench your thirst. It's essential to keeping your body functioning properly and feeling healthy. Did you know Dehydration is a chronic issue amongst our population, with nearly 75% of people being affected. Dehydration can cause constipation, UTI's, and kidney stones, among other things. Nearly all of your body's major systems depend on water to function and survive. With water making up about 60% of your body weight, it's no surprise what staying hydrated can do for you.

HERE ARE JUST A FEW EXAMPLES OF THE WAYS WATER WORKS IN YOUR BODY:

- Regulates body temperature
- Moistens tissues in the eyes, nose and mouth
- Protects body organs and tissues
- Carries nutrients and oxygen to cells
- Lubricates joints
- Lessens burden on the kidneys and liver by flushing out waste products
- Dissolves minerals and nutrients to make them accessible to your body

HOW MUCH WATER DO YOU NEED?

Every day, you lose eight to 12 cups of water through breathing, perspiring, and urine and bowel movements. In general, men need at least 12 cups of fluid daily, while women require a minimum of nine cups. Factors that increase your fluid needs include exercise, hot weather, high altitude, a high-fiber diet, and increased losses from caffeine and alcohol intake. Adequate hydration varies from person to person. A practical way to monitor hydration is by observing the color of your urine right after you get up in the morning. Straw- or lemonade-colored urine is a sign of appropriate hydration. Dark-colored urine — about the color of apple juice — indicates dehydration. That's why it's important to replenish your body's water supply with beverages and food that contain water. While you should meet most of your fluid needs by drinking water, beverages such as soups, milk, 100% fruit juice and decaffeinated teas are an option. Fruits and vegetables also contain a fair amount of water. Since it's hard to track the amount of water you get from food, it's best to try for at least eight cups of fluid daily.

WAYS TO STAY HYDRATED

BY PRACTICING SOME OF THESE TIPS, THEY'LL SOON BECOME A NATURAL PART OF YOUR DAY:

- Start the morning off by drinking a glass of water as soon as you wake up, even before coffee.
- Carry a water bottle wherever you go.
- Set goals for yourself.
- Cut out sugary beverages to avoid empty calories.



Article from Mayo clinic Health System.

How dehydrated are you?

A quick way to test how well you're hydrated is to check the colour of your urine.



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Groundhog Day 2023: Punxsutawney Phil predicts six more weeks of winter....

According to CBS news, "Pennsylvania's most famous groundhog emerged from his burrow on a cold Thursday morning and saw his shadow, declaring there would be six more weeks of winter. Punxsutawney Phil made his prediction as a deadly storm wreaked havoc in the South and the Northeast was bracing for a dangerous Arctic blast. People gathered Thursday at Gobbler's Knob as members of Punxsutawney Phil's "inner circle" summoned him from his tree stump at dawn to learn if he has seen his shadow - and they say he did. According to folklore, if he sees his shadow there will be six more weeks of winter. If he doesn't, spring comes early."



HAPPY VALENTINE'S DAY!

"When we love, we always strive to become better than we are. When we strive to become better than we are, everything around us becomes better too."

Paulo Coelho

