

EXERCISE WITH WATER

Water is an essential nutrient -- necessary for maintaining body temperature, transporting nutrients throughout the body, keeping joints moist, digesting food, ridding the body of waste products, and cooling the body.

The American Medical Association recommends that adults should consume about 2-1/2 quarts of water a day; children about half this much. While the best way to consume this amount is by drinking plain water, food and beverages made with water, such as soup and juice, count for part of this amount.

If you're exercising and sweating, drinking water is doubly important (cold water is better). When you sweat a lot, your body loses even more water than normal. The more you exercise and the more you sweat, the more water you'll need to drink. When it's hot or humid, it's even more important to drink water, because you are at a higher risk for heat exhaustion. Here are some guidelines for the amounts of water you should drink before, during, and after exercising:

- **1 to 2 hours before exercising:** 10 to 14 ounces of cold water (about a cup and a half)
- **10 to 15 minutes before exercising:** 10 ounces of cold water (about a cup and a quarter)
- **While exercising:** 3 to 4 ounces of cold water every 15 minutes (about a half of a cup)
- **After exercising:** 2 cups of cold water for every pound of weight loss through sweat and evaporation (this means about a cup or 2 for most kids; if it's a hot day you may feel thirsty enough to drink even more)

When you're exercising, don't wait until you're thirsty to drink up. Did you ever get a very dry mouth and suddenly feel very thirsty? That's because your body already needed water and was trying to tell you by keeping water from going to the salivary glands (these glands make saliva, or spit, which is made from water, remember?).

When it's hot or you're exercising a lot, it's much better for you to drink even when you're not thirsty. You'll feel better and have more energy.

If you would like more information, please contact
Med-Cert, Inc. at 866-633-2378 (toll free) or at www.medcertinc.com



MED-CERT
Medical Management Resources

Guiding your way to better health management