



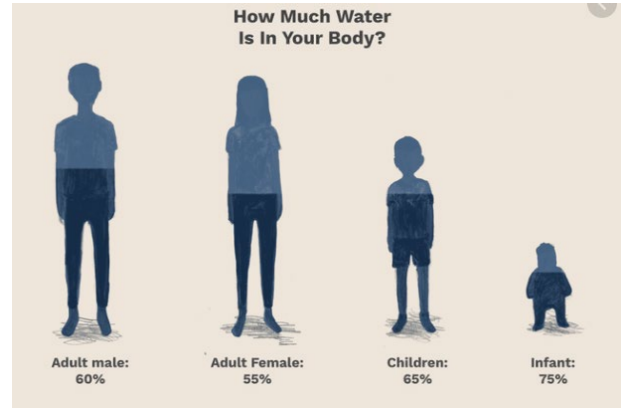
Hydration Matters!

Why?

Our body is nearly two-thirds water, so drinking enough fluid to stay hydrated is important. Water is essential for life and it is important to get the right amount of fluid to be healthy.

Did you know?

Humans can survive for a few weeks without food, but they cannot go without fluids for more than two to three days.



How much water is enough?

Use the “8 by 8” rule. Eight ounces of water at least 8 times per day; double this in the heat!

Tap water or bottled water?

It doesn't really matter, as long as you don't store water bottles in hot or warm temperatures; scientists agree that chemicals used to produce the plastic bottles may leach into the water at higher temps. They also recommend that we don't store bottled water in the garage, near gas fumes, pesticides and other chemicals that could, at the very least, affect the smell and taste of the H₂O.

What about Sports Drinks?

While water is best, Sports Drinks can be important means of hydration, as long as they are nutritionally balanced. Per 8 oz., a sports drink should contain:

- » Carbs: 12–24 g
- » Sodium: 82–163 mg
- » Potassium: 18–46 mg

Many commercial sports drink products (such as those shown below) are designed to meet these fueling guidelines; always read labels for nutrient information.



Watch out for Energy Drinks!

A word of caution about energy drinks. Popular with many younger folks, these drinks may contain dangerously high amounts of caffeine. Consider that a cup of coffee contains about 100 mg of caffeine; energy drinks, such as the one pictured here, can contain 2500 mg of caffeine and like ingredients (disguised as “energy blend”)!

Large amounts of caffeine can lead to a decrease in the blood vessels' ability to dilate.

- » If they constrict and narrow, your blood pressure goes up.
- » If blood vessels are constricted and blood can't get through, it can cause heart attacks, brain attacks -- aka strokes -- and damage to other vital organs.



Energy Blend 2500mg †
 L-Carnitine, Glucose, Caffeine, Guarana,
 Inositol, Glucuronolactone, Maltodextrin

Avoid Heat Stress

Heat Stress

Know the signs and symptoms of Heat Stress.

- Dizziness
- Headache
- Weakness
- Rapid Heartbeat
- Nausea
- Cramps
- Chest Pain
- Labored Breathing

If possible, stay out of the sun.

When the weather is hot, avoid caffeine

COOL DOWN, whenever possible

Wear loose, breathable clothing such as cotton. If you must work in the sun, wear hats and use sun screen.

Maintain proper hydration. Drink small amounts of water frequently. Avoid feeling thirsty.