

Drinking Water for Body Wellness and Exercising

[Fitness]



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1. How important is drinking water for body wellness and exercising?

What is the right amount of water one should drink daily? There are several answers to this question. However, I try to err the side of drinking water based on my body weight, because the correct amount of water is actually based on 50% of our body weight. From the stuff we drink and swim in, to the steam that eases congestion and the ice that reduces swelling, water is all around us (and even in us). In fact, water is the majority of who we are. It is a fact that water makes up about two thirds of who we are, and influences 100 percent of the processes in our body," says Dick Gregory. That probably explains why we feel better when we are drinking enough of it. To learn exactly how water is helping us, as well as some creative ways to use it. Anyone looking to lose weight can improve the chances by upping his or her water intake. Studies have found that when participants drink water before a meal, they lose weight faster than those who did not drink water. Extra hydro (H₂O) helps us eat less by making us feel full, and it may boost metabolism. It is not uncommon to put on weight by mistaking thirst for hunger. So next time you feel fatigued or sluggish, drinking water may be just what is needed.

Water helps us, because it helps to dissolve fats and soluble fiber. Drinking enough water prevents constipation and also reduces the burden on the kidneys and liver by helping to flush waste products. Scientist recognizes that in the large intestine, water binds with fiber to increase the bulk of the stools, reduce transit time and make

elimination easier. When you don't drink enough water and fluids, the colon pulls water from stools, increasing your risk of constipation. Research has found that the greater the fluid intake, the lower the incidence of bladder cancer, with more significant results when the fluid is water. One possible reason could be that urinating more frequently prevents the buildup of bladder carcinogens. Staying hydrated may also reduce the risk of colon cancer and breast cancer.

Did you know that you do not even have to be severely in need of water to benefit: Even mild dehydration has been shown to negatively impact one's mood. Going without water for too long causes headaches for some people, and has been identified as a migraine trigger. The good news is that in a study on the effects of water on headaches, participants experienced "total relief" from their headaches within 30 minutes of drinking water (two cups, on average). Moreover, if you are suffering from a dehydration-triggered headache, you will need significantly more water to help it go away. Dehydration can impair your attention span, memory, and motor skills. Water keeps the cartilage around our joints hydrated and supple, ensuring that our joints stay lubricated. It also protects our spinal cord and tissues, keeping us healthy from the inside out.

Can drinking water keep us heart healthy? There seems to be a link between risk of death from coronary heart disease and water intake: Research has shown both that consuming more water means a lower risk of death from coronary heart disease and that risk of death rises when intake of "high-energy fluids" (like soda and juice) increases .

2. Drinking water when exercising!

Now, that I have brought you up to speed on the importance of water for overall wellness; let's talk about how water is an integral part of exercising and working-out. Drinking water makes us feel so refreshed that it actually improves the state of mind. Good hydration means drinking the right amount of water before, during and after exercising and working-out. Water is very critical as it helps to regulate the body temperature and loosens the joints. In addition, water helps in the transporting of nutrients that give the body energy and keeps the body healthy. If you are not hydrated, it is impossible for the body to perform as its highest level.

There are a few simple ways to check to see if you are properly hydrated. The most common method is to check your urine daily. If your urine is colorless or light yellow, you are most likely properly hydrated. However, if the urine is dark yellow or amber-colored this is an important sign that you are dehydrated.

There is no magic number of how much water to drink when exercising, because each person is very different. One should consider the factors of your sweat rate, heat and humidity, and how long and hard you are working-out. The American council on Exercise has provided the following suggestion to following for drinking water before, during and after exercising:

-) Drink 17 to 20 ounces of water 2 to 3 hours before you start working-out
-) Drink 8 ounces of water 20 to 30 minutes before the start of the workout
-) Drink 7 to 10 ounces of water every 10 to 20 minutes during the workout

) Drink 8 ounces of water at least 30 minutes after you workout

Athletes may measure how much fluids they lose during working-out to get a more specific measurement of how much water to drink (16 to 24 ounces of water for every pound of the body weight lost).

Just remember drinking water is very important for a healthy life. Health is Wealth!