



Beat the Summer Heat by Staying Well Hydrated

There are several ways that our bodies tell us that we are not getting enough water.

1. The first and most obvious is through thirst
2. Headaches and feeling more tired than usual
3. Being more susceptible to cold, allergies and joint pain
4. Weight gain. Thirst can often be mistaken for hunger causing an increase in appetite

How do you know if you are getting enough water each day?

As a general rule of thumb, you should drink at least half of your body weight in ounces of water each day. Simply multiple your weight in pounds by 0.5 and 0.7. The numbers generated are the range, in ounces, of water you should drink each day. However, this rule applies only to normal conditions. When the body is stressed due to warm weather, exercise or excessive sweating, you should increase this number by at least another 20%.

P.S. Staying well hydrated is good for your waist line too. Well-hydrated cells are able to burn fat at a faster rate. By drinking adequate amounts of water each day you are increasing your metabolism and avoiding the temptation of overeating due to thirst.

