



H2O and Your Health

Brought to you by
The Utilities Department
Charlotte County Government



Water Basics



Water is one of the most essential components of the human body.

Water regulates the body's temperature, cushions and protects vital organs, and aids in digestion.

Info presented by
American Council on Exercise



Water Basics



Water composes nearly 75% of all muscle tissue and about 10% of fatty tissue.

Water interacts in the cells to transport nutrients and dispel waste.

Water composes more than half the human body.



Water Sustains Life



- It is impossible to sustain life more than a week without water.





Children and Hydration

- Children need between five and eight cups of water each day, according to a study led by researchers at Queens College of the City University of New York and published in the October 2010 issue of the “American Journal of Clinical Nutrition.”



Livestrong.com



Children and Hydration

- But some children may be fine with less water, and children who are very active may need more. Your child may need more water during the day when it's hot outside or when he's sick or recovering from an illness.





Symptoms Children May Need Water

- Sunken eyes
- Decreased frequency of urination or dry diapers
- Sunken soft spot on the front of the head in babies (called the fontanel)
- No tears when the child cries
- Dry or sticky mucous membranes (the lining of the mouth or tongue)
- Lethargy (less than normal activity)
- Irritability (more crying, fussiness with inconsolability)
- Complaining of a headache



Symptoms Adults May Need Water

- Nausea
- Headaches
- Elevated Body Temp
- Dry lips, tongue, and skin
- Hungry

8 cups of water a day will...

Increase metabolism (cold water)

Fill you up (hot water)

Aid in weight loss

Flush out toxins

Get you healthier skin

Reduce risks of certain cancers

Help digestion and constipation

Relieve fatigue

Improve overall health



AND ALL FOR 0 CALORIES!

100pounds100days.tumblr.com



Symptoms Adults Need Water

- Sudden light-headedness
- Heart Rate Increases
- Overheat
- Muscle Cramps
- Hoarse voice
- Joint & Muscle soreness



Symptoms Adults May Need Water

- Pinch test: Skin loses elasticity
- No more tears, if you were crying.
- And, of course, THIRST!





People over 65, special concerns.



- Because the symptoms of lack of hydration are masked by the aging body, patients and caregivers typically overlook the warnings signs until it is too late. But, dehydration can be avoided if you are careful and know what the symptoms are.
- We can help!

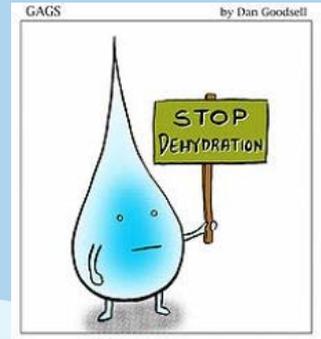


Over 65, learn the signs you need water.

- Chronic fatigue
- Lethargy
- Muscle Weakness
- Strong urine scent
- Confusion
- Dizziness
- Dry Mouth
- Sudden loss of mobility
- Low Blood Pressure
- Rapid Heart Rate
- Thirsty
- Headache
- You might be dehydrated



Proper Hydration Tips



- Don't wait until you feel thirsty to drink
- Drink small sips throughout the day
- Have smaller cups nearby if larger cups are too heavy to lift
- Water is the best option for hydration
- Talk with your physician about medication use and water consumption.



Proper Hydration Tips

- Always keep a water bottle with you
- Drink decaffeinated beverages or plain water with meals (Caffeine dehydrates you)
- Sip throughout the day



Hydration Hints Exercising

Drink 17-20 ounces of water 2-3 hours before you start exercising.

Drink 8 ounces 20-30 minutes before you start exercising.



Hydration Hints Working and Playing



Continue to drink 7-10 ounces every 10-20 mins during exercise



Living or working in hot humid areas requires more water.

In one hour of exercise or in heat & humidity, you can lose 1 quart of water.



Hydration is economical

- It's easy to stay hydrated with a variety of refreshing beverages, but water right from your tap is the most economical.





So...How Much Do We Need?

- We lose 10 cups of water per day.
- Therefore, we need 8-12 cups to replenish
- Heat, activity and diet increase your need for water
 - High Protein diets
 - Caffeine
 - Alcohol



Ladies, what do you need?

9 cups of water/liquids daily

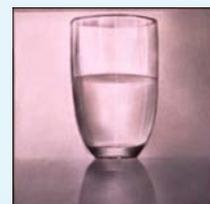
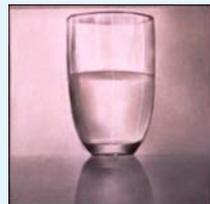
1 cup of coffee



2 cups low fat milk



6 cups of water





Men, What do you need?

12 cups of water/liquids daily

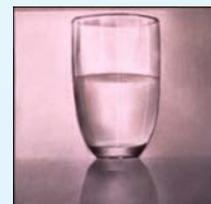
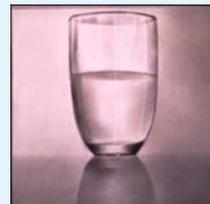
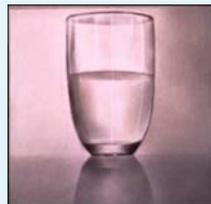
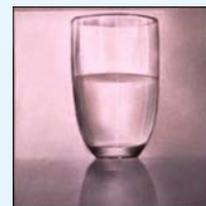
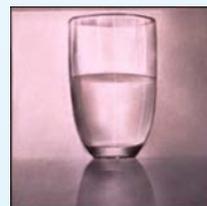
1-2 cups of coffee



2 cups low fat milk



8-9 cups of water





Better Beverage Choices

- Serve water with meals
- Sip infused water instead of carbonated or fruit juices.



Don't like the taste of water?

- Make water more exciting by adding lemon, lime, cucumber or watermelon slices.
- Add a splash of 100% fruit juice to water.



Thank you to

Care Here!



Stay Healthy, Stay Hydrated, Drink Water!

See you on
FACEBOOK

