

Drink Water and Stay Healthy

Stacy Terebayza, PTA
Physical Therapist Assistant
Andover Physical Therapy

Now that summer has officially arrived hopefully many of you are out enjoying the sun. With the sun also comes hot and humid days. On these specific days we lose excessive amounts of water from our bodies through perspiration.

The main functions of water are to help regulate body temperature, provide nutrients throughout the body, improve digestion, and help eliminate waste and toxins. Our bodies are made up of approximately 70% water. Losing as little as 2-3% of water weight can affect your body's performance and losing 4-5% can reduce blood flow for nutrients throughout the body. Possible signs of dehydration are fatigue, headaches, nausea, and feeling lightheaded.

Drinking water is the best way to stay hydrated. The energy drinks and thirst quenchers can be beneficial when exercising greater than 60 minutes, but usually are high in sugar. Alcohol and soft drinks are not recommended either, for they have a diuretic effect and increase even more fluid loss.

Water has no calories and is usually free...so drink, drink, and drink! By drinking water, you can beat the heat, stay hydrated, and stay healthy.