



# Health *focus*

## Staying Hydrated

### When You Exercise

Making sure to stay hydrated is crucial to staying healthy, especially during the warm summer months. Our bodies are over 70% water, and every system needs water to be effective and efficient. We lose water constantly through breathing, perspiration, and urine and bowel movements, so it is important to consume water to replenish our bodies.

Dehydration can lead to muscle fatigue, loss of coordination, muscle cramps, headache, feeling worn out, heat exhaustion or heat stroke.

Did you know it is possible for the body to lose more than a quart of water in just one hour of exercise?

**Drinking water before, during, and after you exercise is the best way to make sure you stay properly hydrated.** The amount of water you need depends on many factors, including how much you

sweat, the type of activity, the duration of the workout, and the weather.

Here are some Hydration Hints provided by the American Council on Exercise.

- Drink 17-20 ounces of water two to three hours before the start of exercise.
- Drink 8 ounces of water 20 to 30 minutes prior to exercise or during warm-up.
- Drink 7-10 ounces of water every 10 to 20 minutes during exercise.
- Drink an additional 8 ounces of water within 30 minutes after exercising.

**Water is the best way to rehydrate yourself** unless you workout for 90 minutes or more. Sports drinks may be useful if you exercise at very high intensities for more than 45 minutes, or if you sweat profusely.

## TRIVIA

### So You Think You Know About the Bay Area?



**Question:** What nickname was given to the city of Hayward?

**Answer:** The Heart of the Bay. Originally called the Heart of the Garden of Eden because of its fertile soil and temperate climate, Hayward earned its current nickname due to its central location and "accepting and caring environment."

Take BART to Downtown Hayward and walk around for awhile. There is a lot to do in this pedestrian-friendly area of town including antique shopping, dining and the Japanese Gardens.

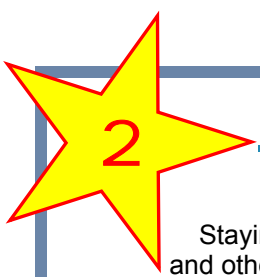
**Question:** San Jose served as the first state capital of California. In total, how many cities have been California state capitals?

Email your answer to: [pmielbeck@uhs.berkeley.edu](mailto:pmielbeck@uhs.berkeley.edu) and get entered into the prize drawing. Good luck!

## Announcements



- ◆ Pey Jen Lin won a Health\*Matters goodie bag at the Walking Group on June 11. Congratulations!!
- ◆ Attend **Step Up to Fitness** on *Tuesday, June 24 from 12:10-1 pm at the Tang Center.* Find out how you can fit fitness into your day by walking 10,000 steps wearing a pedometer. Also learn strength and stretching exercises to round out your fitness routine. Pedometers will be available for purchase, \$12. Enroll on ICE.



# Nutrition Challenge: Water

*Drink five 8oz glasses of water every day.*

Staying hydrated is important whether exercising or not. It is important to be aware of the amount of water and other fluids you are putting into your body because thirst is not a good indicator of dehydration. Often, if you feel thirsty you are already slightly dehydrated. As you age this becomes more of a problem because your body has a harder time sensing dehydration and signalling thirst. In general, you want to drink enough liquids so that you don't feel thirsty and your urine is clear or light yellow. **Excessive thirst and increased urination may be symptoms of more serious health conditions such as diabetes. If you are experiencing these symptoms please talk to your doctor.**

The Institute of Medicine recommends that men should consume about 3 liters of total beverages a day and women should consume about 2.2 liters. In order to provide your body with the fluids to stay properly hydrated, water should be your number one beverage of choice.

What are some ways to increase your water intake? Try adding a slice of orange or lemon to your water for flavor, grabbing a water instead of a soda, or drinking a glass of water before and between every meal. Keep in mind that the fluids your body needs to function come from many sources, including what you eat. Food provides about 20 percent of your total water intake, especially fruits and vegetables. Try the Berrilicious Salsa to add some flavor to grilled chicken or seafood and get an extra fluid boost.

**Note:** Some health conditions including certain kidney, liver, adrenal, and heart diseases have an impact on the body's ability to excrete fluids. If you have one of these conditions and/or your doctor has told you to limit your fluid intake, please do not attempt this week's Nutrition Challenge. If you are unsure, please ask your doctor.

## Healthy Recipe of the Week

### Berrilicious Salsa

Serves 12

#### Ingredients

- 1 cup fresh raspberries, cut in half
- 1 cup fresh blackberries, cut in half
- 1 medium apple, coarsely chopped
- 1 medium kiwi fruit, peeled and coarsely chopped
- 1 medium orange, peeled, seeded, coarsely chopped
- 1 tbsp red onion, chopped
- 1 tbsp green onion, finely chopped
- ¼ cup granular Splenda
- 1 tbsp fresh lime juice

- 1 tbsp white wine vinegar

Combine all ingredients; cover and chill 1 hour.

Try serving with turkey or grilled chicken or seafood.

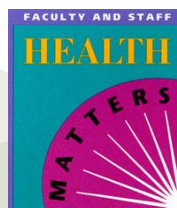
#### Nutrition Information

Serving Size 1/3 cup

#### **Amount per serving**

Calories 45  
 Calories from Fat 0  
 Total Fat 0g  
 Saturated Fat 0g  
 Cholesterol 0mg  
 Sodium 0mg  
 Total Carbohydrate 11g  
 Dietary Fiber 3g  
 Sugars 3g  
 Protein 1g

-American Diabetes Association



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