



HR Healthy Hub Do You Need Supplemental Electrolytes?



Warmer weather is just around the corner, and proper hydration will be more important than ever, including replacement of electrolytes lost through perspiration. You may be wondering whether it's necessary to drink energy drinks or supplemental electrolytes.

Q: Do you really need to drink electrolytes? Or do we get those nutrients from food?

A: The short answer is that you can meet your electrolyte needs through a nutritious diet.

Electrolytes — including sodium, potassium, and magnesium — are essential for various physiological functions, including maintaining fluid balance, supporting nerve and muscle function, regulating pH levels, and facilitating cellular processes.

Sports and rehydration drinks (think: Gatorade, Vitamin Water, Pedialyte) are marketed as products that can help you meet your electrolyte needs. However, with the exception of certain circumstances (which we talk more about below) you do not need these beverages. Most people easily get enough electrolytes by eating a balanced diet that includes many fruits, vegetables, legumes, and nuts.

For instance, here's how much of each electrolyte we need, and how much we usually get daily:

- Sodium: 1,500 milligrams (mg). This is easily achieved, as just a teaspoon of table salt has 2,300 mg of sodium.
- Chloride: 2,300 mg. Salt is the main source of chloride in the diet. That same teaspoon of salt has 3,400 mg of chloride. It is also found in small amounts in meat and seafood.
- Potassium: 3,400 mg for men and 2,600 mg for women. Achieve this by eating fruits, veggies, beans, lentils, meat, fish, poultry, and dairy. Most food groups contain potassium!
- Calcium: 1,000 to 1,300 mg. Consume a variety of dairy products; fortified soy, almond, coconut, or oat milk; soybeans; and other high calcium veggies, such as leafy greens.
- Magnesium: 400 to 420 mg for men and 310 to 320 mg for women. It is found in legumes, whole grains, dairy, beans, nuts, and seeds.

Plus, your body is better able to absorb and use electrolytes via food (as is the case with all nutrients), anyway. Sports and rehydration drinks also tend to contain added sugar, which many people already consume too much of daily. In some cases, though, it can be beneficial to replace lost electrolytes. These include:

- heavy sweating from exercise or outdoor work in excessive heat
- illnesses that cause vomiting or diarrhea
- medications (like certain diuretics) or conditions that cause electrolyte imbalances (like kidney disease)
- restrictive diets where entire food groups are eliminated, such as the keto diet

In serious cases, electrolytes may be administered via an IV in a medical setting. Otherwise, you can replace electrolytes at home by drinking these beverages: cow's milk, 100% fruit juice, coconut water, sports drinks or electrolyte solutions, like Pedialyte. **Source: Healthline Daily News**

May Events

Friday, May 2 5:30-8pm

Anderson Auto Group sponsors Academic Recognition Dinner

Location: Shugrue's Bridgeview Room

Friday-Saturday May 2-3 All Day

Anderson Toyota sponsors Arizona Adaptive Watersports

Location: Crazy Horse Campgrounds

Saturday, May 3 6pm

Anderson Auto Group sponsors Stick Pony Derby
Location: Beale Celebrations, Kingman

Saturday, May 31 All Day

Anderson Chevrolet sponsors Corvette Club BBQ
Location: Anderson Chevrolet

April Employee Pickleball Tournament

Thank you to everyone who was able to make it out to the Employee Pickleball Tournament on April 27! A great time was held by all, with lots of friendly competition. Jose and Jackson from Toyota were the tournament champions. Congratulations!



Anderson Anniversaries

Congratulations to employees celebrating 10 or more years in May with Anderson Auto and Powersports Group - we appreciate you!

Employee	Years	Store
Jared Lohrman	24	Anderson Auto Group
Terry Slack	20	Toyota
Jamie Baltins	16	Toyota
Dennis Blanton	14	Nissan
Julio Caesar Pichardo	11	Ford Kingman
Taylor Johnston	10	Toyota