

# PT HEALTH COACHING

## Water

In a world of confusing and conflicting health messages, I will explain the importance of water, including the benefits and some simple tips on how to keep hydrated.

### **So, let's start with some facts...**

The average human body is made up of 50 – 75% of water (more when you are young and less as you get old) as water is the main component of the body's cells, tissues (such as muscle and tendons) and organs (such as your heart, skin, liver, stomach, lungs, kidneys etc.).

### **But what does water actually do?**

The body loses water through a variety of metabolic processes such as breathing, sweating, going to the loo. So it's important to replenish the fluids we lose every day. Here are some of the things water helps the body to do...

- 💧 Create saliva to aid digestion
- 💧 Create hormones and neurotransmitters in the brain
- 💧 Lubricates the joints
- 💧 Flush away body waste (mainly in your pee)
- 💧 Help with the delivery of oxygen in the blood to the muscles of the body
- 💧 Regulate body temperature
- 💧 Act as a shock absorber for the spine and brain
- 💧 Help to convert food into the parts needed by the body (digestion)
- 💧 Allow the body's cells to survive, grow and reproduce.
- 💧 Help to deliver fuel to the muscles to work more effectively
- 💧 Promote healthy teeth and bones
- 💧 Aid with fat loss
- 💧 Support with calorie control
- 💧 Boost brain functioning and therefore productivity
- 💧 Maintain clear and healthy skin

If the body loses more water than it takes in, we become dehydrated. Dehydration can really impact on our body's processes (listed above), so it's important to know the signs to look out for...

- |                    |                        |                 |
|--------------------|------------------------|-----------------|
| ⚠ Thirst           | ⚠ Altered mood –       | ⚠ Green wee!    |
| ⚠ Dry mouth        | cranky/fuzzy           | ⚠ Constipation  |
| ⚠ Tiredness        | thinking               | ⚠ Cravings for  |
| ⚠ Headache         | ⚠ Dry skin that's lost | sugary foods    |
| ⚠ Dizziness/light- | its elasticity         | ⚠ Muscle cramps |
| headedness         | ⚠ Not going to the     |                 |
| ⚠ Bad breath       | loo frequently         |                 |

### **So, how much should I drink for optimum performance and good health?**

This depends on your body type, activity levels and the climate in which you live. As a general rule, aim between 2 – 4 litres. The best way to gauge is to check your signs to see if you are dehydrated or not.

### **Do you find it difficult to get enough water in each day? Here are some helpful hints and tips...**

- Carry a bottle with you in your bag/car or have one on your desk/in your vehicle at work.
- Drink alternatives to water: milk, fruit teas or water infused with fruits and herbs (e.g. lemon and mint is a nice combination)
- Take regular drinks all day rather than all in one go. You are then more likely to stay hydrated throughout the whole day
- Drink water with every meal and snack. This will fill you up faster so you will be less likely to eat too much or snack later.
- Start the day with a drink of water. It kick starts your body for the day and by starting well, you are more likely to continue for the rest of the day.
- If you are still really struggling, you can add a dash of no added sugar cordial to a glass of water.

For more information and support with your lifestyle goals, contact Paul on **07495 892987**, [Paul@pthealthcoaching.com](mailto:Paul@pthealthcoaching.com) or [www.pthealthcoaching.com](http://www.pthealthcoaching.com)