

June 2009

116A Seaton Center • Lexington, KY 40506-0219
www.uky.edu/HR/wellness • (859) 257-WELL (9355)

Stay fit *and* hydrated this summer



Water basics

Water is one of the most essential components of the human body, yet many people do not understand the importance of a well-hydrated body nor how much water is lost during the day.

Water regulates the body's temperature, cushions and protects vital organs, and aids the digestive system. And, because water composes more than half of the human body, it is impossible to sustain life for more than a week without it.

Fluid balance and replenishment

It is important to drink even before signs of thirst appear. Thirst is a signal that your body is already on the way to dehydration. It is important to drink more than thirst demands and to continue to drink throughout the day. One way to check your hydration level is to check the color of your urine. The color should be light to clear unless you are taking supplements, which will darken the color for several hours after consumption.

Water is the best fluid replenisher for all individuals, although sports drinks may replace lost electrolytes after high-intensity exercise exceeding 45 to 90 minutes. And remember - not all fluid has to come from pure water. Other choices include fruits, juices, soups and vegetables. It is easy to prevent dehydration with pure, healthy, refreshing water. So drink up!

Hydration hints

- Drink one to two cups of fluid at least one hour before the start of exercise.
- Drink eight ounces of fluid 20 to 30 minutes prior to exercising.
- Drink four to eight ounces of fluid every 10 to 15 minutes or so during exercise.
- Drink an additional eight ounces of fluid within 30 minutes after exercising.
- Drink two cups of fluid for every pound of body weight lost after exercise.
- Both caffeine and alcohol can have a diuretic effect, so be sure to compensate for this additional water loss.

Information from www.acefitness.org



Attention Seaton locker users:

If you are using a locker in the Seaton locker rooms, please register your locker number with our main Health & Wellness office at Seaton 116A or call 257-9355. Any locker not registered by June 12, will be opened and the contents removed. This is in effort to make more lockers usable. Thank you for your attention to this matter.



Start! Moving Summer Challenge

UK Health & Wellness and UK HealthCare are proud to partner with the American Heart Association's Start! Campaign, a physical activity initiative to fight heart disease and stroke by getting people moving through workplace walking programs.

Want to join the 10-week summer challenge and win prizes? Sign up by June 30 at: www.uky.edu/HR/wellness/ukstart.html

Body Shop Closings

Both gyms and group fitness closed

- July 3 & 4 (Independence Day)

**July is the month of
100 Challenges! Registration will begin June 15.
More details coming soon!**

