

NCI – Biggest loser challenge

Hydration

Why is it so important to stay hydrated?

The human body needs water to replenish the blood and other fluids in order to function properly. About 75% of the human body is water; our bones are 22% water and our blood is 92% water. Along with water, the body also needs electrolytes. These are salts normally found in blood, other fluids and cells. People can survive without food for more than 30 days, but only a few days without water.

Aim for 6-8 glasses of water a day, if you are in a job where you are outside and sweating this should be increased to 8-12 glasses a day.

Excessive sugary drinks or electrolyte replace drinks, actually encourage dehydration, the large amounts of sugar and salts pull water from your cells and the fluid is lost.

Products such as squinchers and powerade should be used to replace any electrolytes lost through sweating, aim for 1 glass of electrolyte replacement drinks after every 2 glasses of water.



Don't down large quantities of water in a short period of time—aim to take regular sips or glasses of water throughout the day—this avoids “flushing your system”. Going long periods without drinking water or passing urine has a huge effect on your kidney function and can encourage urine/kidney infections.

Urine Color Chart

Urine Color	Possible Meaning
Clear	Good hydration, overhydration or mild dehydration
Pale Yellow	Good hydration or mild dehydration
Bright Yellow	Mild or moderate dehydration or taking vitamin supplements
Orange, Amber	Moderate or severe dehydration
Tea-Colored	Severe dehydration