

NEW YOU

SPECIAL REPORT

PROPER HYDRATION – FOR PEOPLE OVER 30

Proper hydration is essential for maintaining good health and well-being. Our bodies are made up of around 70% water, and every system in our body relies on water to function correctly. It is especially important for people over 30 years old to drink enough water every day because as we age, our bodies become less efficient at retaining water. The general rule of thumb for daily water intake is to drink a minimum of one-half your body weight in ounces. For example, if you weigh 150 pounds, you should aim to drink at least 75 ounces of water each day. However, this amount may vary depending on factors such as climate, physical activity, and overall health.

So, why is proper hydration so important?

Regulates Body Temperature: Water plays a crucial role in regulating body temperature. When we sweat, our bodies lose water, which can lead to dehydration. Proper hydration helps regulate body temperature and prevent overheating.

Improves Digestion: Water is essential for maintaining proper digestion. It helps break down food and absorb nutrients, preventing constipation and promoting regular bowel movements.

Supports Kidney Function: The kidneys are responsible for filtering waste products from the blood and removing them from the body. Proper hydration helps support kidney function and prevent kidney stones.

Boosts Energy Levels: Dehydration can cause fatigue and decreased energy levels. Drinking enough water throughout the day can help boost energy levels and improve overall performance.

Promotes Healthy Skin: Water is essential for maintaining healthy skin. It helps keep skin hydrated and prevents dryness, flakiness, and wrinkles.

How can you ensure you are properly hydrated?

Drink water throughout the day: Make a habit of carrying a water bottle with you throughout the day and sip on it regularly to get your daily minimum.

Monitor urine color: The color of your urine can indicate hydration levels. If your urine is pale yellow or clear, you are likely well-hydrated. If it is dark yellow or amber-colored, drink more water!

Drinking a minimum of one-half your body weight in ounces of water each day can help regulate body temperature, improve digestion, support kidney function, boost energy levels, and promote healthy skin. Make sure to drink water throughout the day, monitor urine color, and make sure you consume your daily minimum to ensure you are properly hydrated.