

Living on WELL Street Blog: "Keep Hydrated"

By Michael White

A friend of mine works in a sedentary job that makes healthy behaviors a challenge. One of the things that my friend and five co-workers have done, to encourage each other to live healthier, is to drink water during the day. They record, on white boards in their cubicles, each time 16 ounces of water is consumed. The white board serves as a public scoreboard that allows them to check each other's progress and support one another in reaching the daily goal. The positive benefits of drinking water everyday has led the group to make other healthy choices, like creating time for stretch breaks and eating more nutritious meals and snacks.

Drinking water during the work day is one of the most simple and beneficial activities that any workplace can promote. Workplace fatigue can often be traced to dehydration. Increasing productivity can be as easy as making sure that the workforce is properly hydrated. Approximately 60% of our body weight is water. It is vital to every system in the human body. Many different recommendations exist on how much water or "fluids" should be consumed daily. One of the most popular suggestions is 64 ounces, or 8 cups (8 oz. per cup) per day. This really means 64 ounces of "fluid" per day - fluids that are contained in all the beverages and foods that we consume.

The many benefits of staying properly hydrated with water include:

- Relief of fatigue brought on by dehydration - keeps you energized and alert
- Energizes muscles
- Helps to manage weight by curbing appetite and substitutes for higher calorie beverages
- Improves mood
- Reduces the risk of bladder and colon cancers
- Maintains the body's fluid balance
- Flushes toxins out of vital organs
- Carries nutrients to cells and provides a moist environment for ear, nose and throat tissues
- Allows the body to carry out normal functions
- Helps to regulate body temperature
- Lubricates and protects joints and organs
- Moisturizes skin and increases its elasticity, making it look younger and healthier
- Raises metabolism and helps with digestion and constipation

KEEP HYDRATED (link: <http://www.wechoosehealth365.com/asp/Public/Page.aspx?pid=15548>) is an activity that encourages people to drink 32 ounces of water during the work day. It may seem like a small step toward a healthier workforce, but few health promotion activities offer bigger benefits.

Drink WELL!

Michael

Worksite Wellness Technical Assistant

We Choose Health