



ELITE

Personal Training and Fitness Solutions

HEALTH TIP OF THE WEEK

12/27- Dehydration

Did you know that 60% of an adult's body is made up of water? This explains why water is so important for the proper functioning of our organs.

Water is Critical

Water plays a critical role in protecting the tissues and joints, maintaining a normal body temperature, and helping the body eliminate waste.

Dehydration means the body loses more water than it should. This can happen through sweating, urinating, or breathing. If the fluid isn't replaced, the body may become dehydrated.

Dehydration is one of the most common preventable medical conditions in the world. It affects millions in the United States. A survey of 3,000 Americans found that 75 percent were chronically dehydrated. Although the survey found that Americans drank about 8 beverages per day, this was offset by drinking caffeinated beverages and alcohol and eating a diet high in sodium.

For something so common, most of us are unaware of the dangers of dehydration. Dehydration is your body's way of telling you it needs more water. Be aware of the following symptoms that may be linked to dehydration:

Dry Mouth: If your salivary glands don't produce enough saliva, you'll get a dry mouth. Saliva helps prevent tooth decay, limits bacterial growth, aides digestion, and cleanses the mouth. While dry mouth can be a side effect of using certain medications, most often it is an early sign of dehydration. Drinking water often helps solve this problem quickly and effectively.

Dark Yellow Urine: Although medications and supplements may affect the color of your urine, dark yellow urine is typically a sign of dehydration.

Dizziness: The lack of fluids in the body means the volume of blood goes down. This can lead to a significant drop in blood pressure and subsequent dizziness.

- **Headache:** You may not take dehydration seriously, but it can cause lots of problems for you. Those nasty headaches, and even migraines, can be triggered by not drinking enough water.
- **Rapid Heart Rate:** An increased heart rate may be another sign of dehydration, caused by the fact the body doesn't have as much blood circulating. If the blood volume is lower, the heart needs to beat faster to compensate, causing a more rapid heart rate. This explains why you may experience palpitations.
- **Fatigue:** If you sleep well at night but for some reason you always feel tired during the day, the reason could be as simple as not drinking enough water



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at Eliteptf.com for more information and to schedule your evaluation.

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