

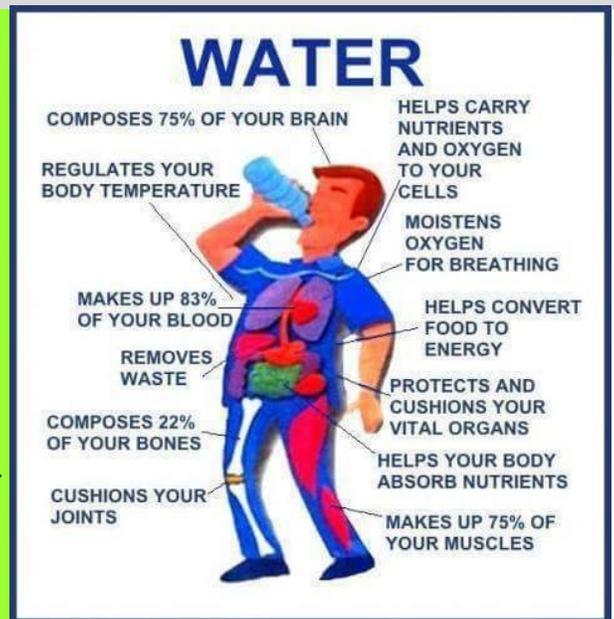
FREESTATE HAPPY WANDERERS

Last Issue we urged everyone to "get started"
—This issue reminding all about Hydration!

MYTH: As Soon As You Become Thirsty, That's A Really Good Time To Go Get A Drink And Quench Your Thirst...

FACT! Once you start to feel thirsty, it's too late -- you've already lost too much water! Fluid balance is a very important part of your body being able to maintain homeostasis, a state of balance that allows the body to function properly. Losing just 2% of your body's water leaves you dehydrated, fatigued, and unready for what's ahead of you. If you wait until you feel thirsty, it will take even longer for your body to get back to its normal functioning state. The rule of thumb is that you should be drinking 8 fluid ounces of water for every 20 pounds of body weight. For example, a 120 lb person should be drinking at least six, 8 fluid ounce glasses of water every day. If you are more active or live in a hot climate, you should drink even more water. If you play sports, make sure to stay hydrated all day and drink water or sports drinks every 20 minutes during play. Don't wait for your body to tell you that— it's too late!

Article above citation: http://www.livescript.com/health/archive/how_to_quench_thirst__avoid_dehydration.aspx



Beverly DiMenna is making custom water bottle carriers and selling them at volks-prices. Contact her if you are interested in ordering one. She can be reached at:

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Thirst is the craving for fluids, resulting in the basic instinct of animals to drink. It is an essential mechanism involved in fluid balance. It arises from a lack of fluids or an increase in the concentration of certain osmolytes, such as salt. If the water volume of the body falls below a certain threshold or the osmolyte concentration becomes too high, the brain signals thirst.

Find out how much water you personally need
<http://www.h4hinitiative.com/tools/hydration-calculator>



Wendy Baumgardner is our walking diva and super AVA walker

<http://walking.about.com/cs/fluids/a/drinking.htm>

<http://walking.about.com/cs/beginners/a/blhowprepare.htm>

You will find her a wealth of valuable information and advice for all levels of walkers.

She shares her bio at <http://walking.about.com/bio/Wendy-Bumgardner-61.htm>

