Fitness V

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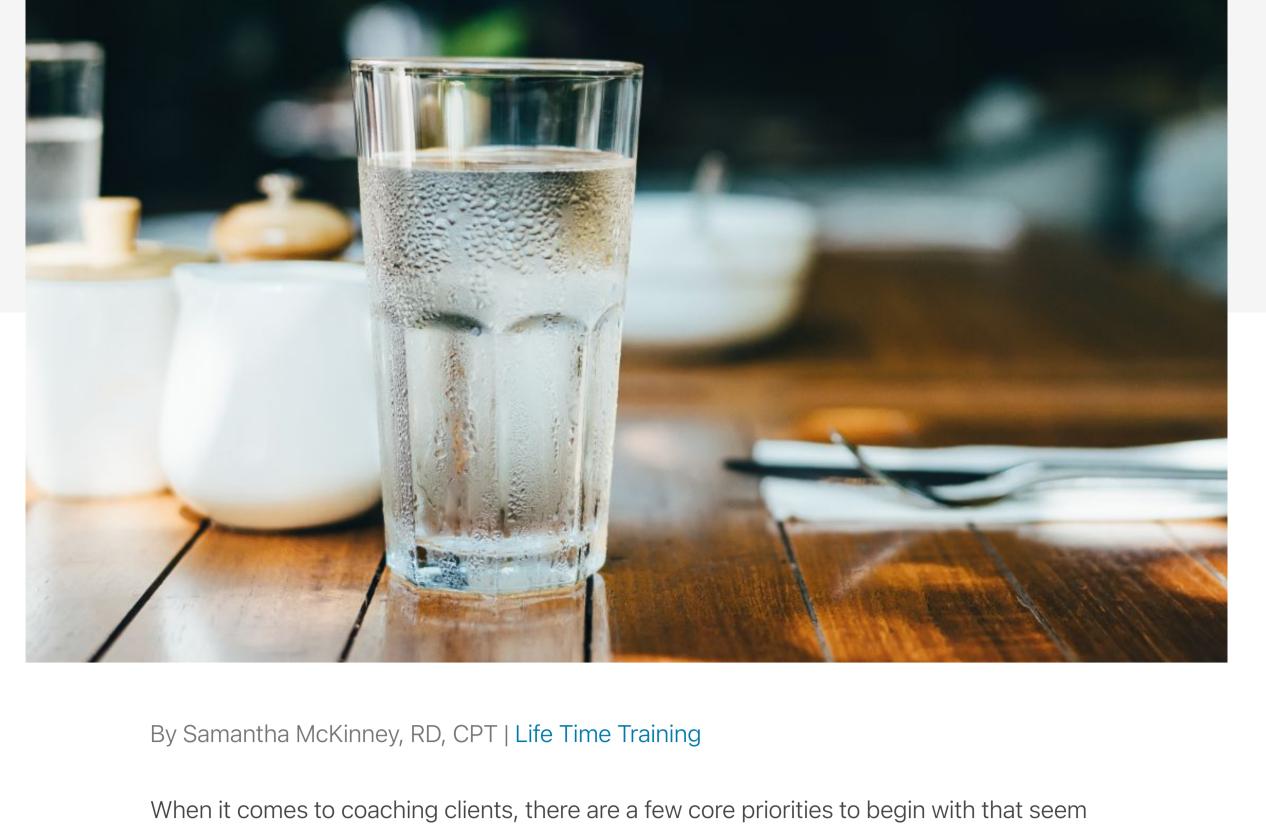
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Experience Life

NUTRITION TIPS | SUPPLEMENTS

Why Drinking Water Alone Isn't Enough to Stay Hydrated Consuming adequate amounts of water daily is essential — but you also need to

ensure your body holds on to those fluids.



these, almost ubiquitously, is addressing hydration levels. Optimizing hydration status is absolutely crucial for boosting energy, increasing alertness,

supporting workout performance, and even curbing cravings. Plus, it's important for the health of your skin, the inner workings of your immune system, and the function of your joints.

to make the biggest — and quickest — impact on their results and how they feel. One of

However, just drinking water alone may not always be enough. **Hydration Drainers**

There are several aspects that impact hydration beyond fluid intake. In fact, almost one quarter of members who complete in-depth lab testing at Life Time have markers of slight dehydration, despite reporting that they drink plenty of water.

Here are some factors that decrease your hydration status:

• Excess caffeine or alcohol intake

Heavy sweating

Chronic stress

- Hot or humid climates
- Higher blood-sugar levels
- Considering many of us deal with one, if not multiple, of the factors above, optimizing hydration may go beyond the conventional advice to "just drink more water."
- Undoubtedly, drinking plenty of water is needed for optimal heath.

Why not just water alone?

appropriately. One such way to help assist the body's balance of fluids is through supporting electrolyte levels.

times, it can be helpful to focus on making sure your body is holding onto water

However, some of the factors listed above cause issues by increasing urination, and so at

Electrolytes are minerals such as sodium, potassium, chloride, calcium, and magnesium that are physiologically needed for the basic functions of cells, including muscle and nerve

Electrolyte Support

function.

to prioritize both fluid and electrolyte intake is essential. If you're exercising, it can also prevent dizziness and muscle cramps. What You Can Do

Mixing electrolytes in with water — particularly around workouts, at times when increased

sweating is expected, or when you're sick and experiencing fever, diarrhea, or vomiting —

Most clients report feeling their best by first prioritizing water intake from non-caffeinated, natural beverages such as water and herbal tea, along with aiming for a target of about half their goal body weight (measured in pounds) in ounces of water daily. For example, if someone has a 160-pound weight goal, they may target 80 ounces of water per day.

• Unless you have a medical reason to restrict fluids, dial in your water intake and aim

Here are some tips for supporting your body's hydration and electrolyte levels:

to consume half of your goal body weight in ounces of water per day, plus about 16 ounces per hour of exercise.

• Limit your caffeine and alcohol intake.

jerky, olives, and cheese.

main meals.

going.

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- Add in electrolytes around workout times or if you're experiencing carbohydrate or salt cravings. When choosing electrolyte support, ensure the product does not contain added
- sugar or artificial colors, flavors, or sweeteners. Two trainer favorites are Re-Lyte Electrolyte Drink Mix and UCAN Hydrate. In the context of a nutrition plan that is based primarily on whole, unprocessed foods,

feel free to include snacks that are naturally higher in sodium, such as pickles, beef

• Aim to use Celtic or Himalayan salt on foods such as meats and vegetables at your

Keep the conversation

SAMANTHA MCKINNEY, RD, CPT

Leave a comment, ask a question, or see what

others are talking about in the Life Time Training

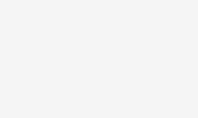
Samantha McKinney has been a dietitian, trainer and coach for

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over 10 years. At first, her interests and experience were in a highly clinical setting in the medical field, which ended up laying a strong foundation for understanding metabolism as her true passion evolved: wellness and prevention. She hasn't looked back since and has had the honor of supporting Life Time's members and nutrition programs in various roles since 2011.

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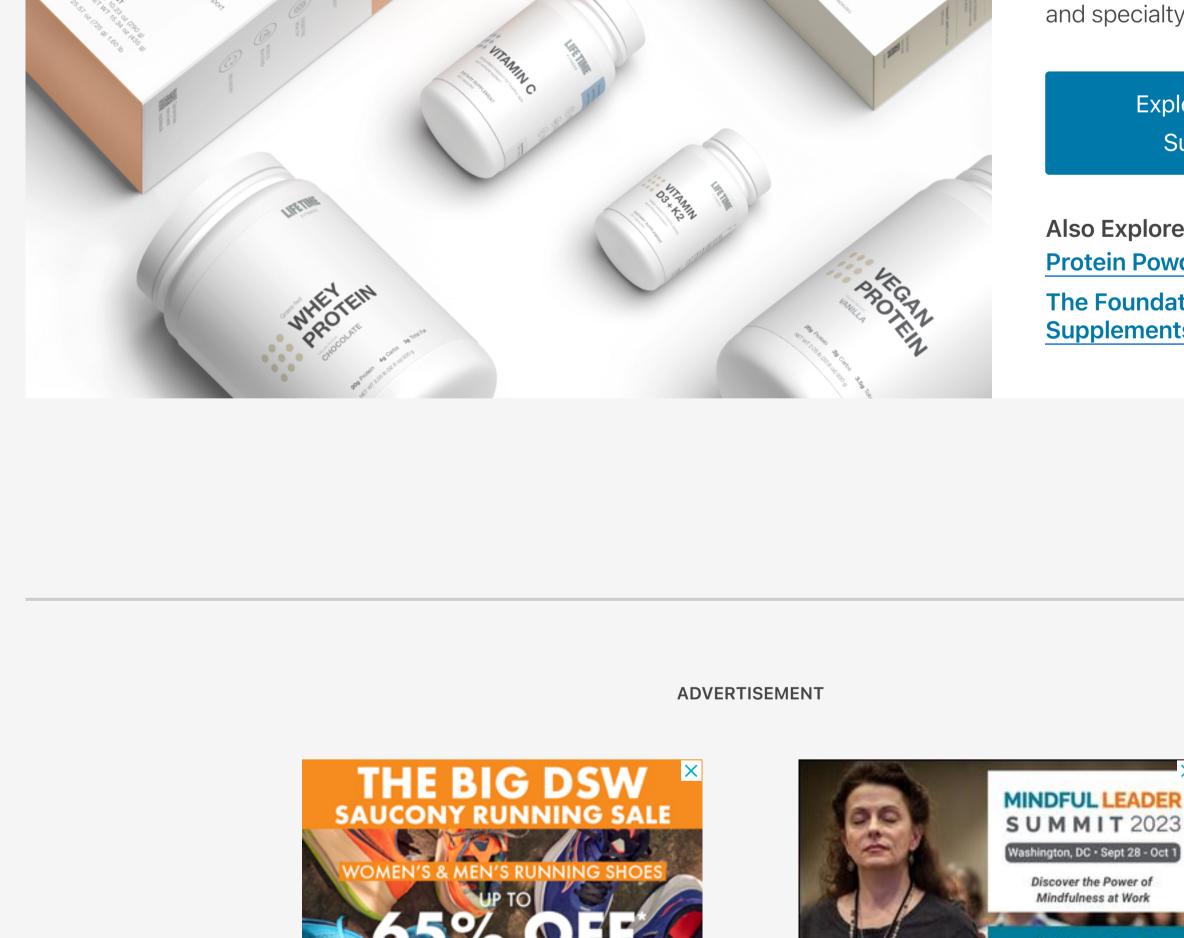
Optimize your nutrition and fill in

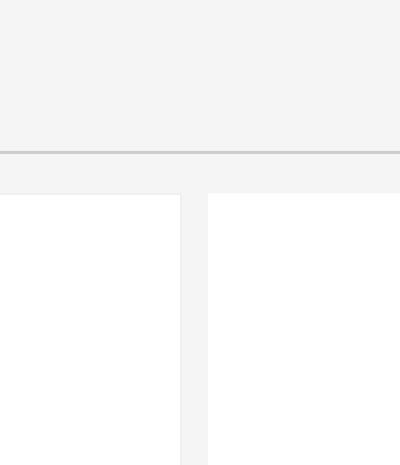
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With Paul Kriegler, RD

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we're optimizing our water intake. Listen >

NUTRITION TIPS

Water

levels.

— That Aren't Plain

By Samantha McKinney, RD, CPT

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