



## David Fairlamb

# THE FIT FACTOR

### LIFESTYLE CHANGE

Ensuring proper daily intake of water (around two litres a day) especially around physical activity, can significantly enhance both health and performance, underscoring the importance of this vital nutrient in our daily lives

### FITNESS TIP

Consuming water during exercise helps maintain performance and prevent fatigue. Post-exercise rehydration promotes recovery. It also aids in the repair and rebuilding of muscles, restoring electrolyte balance and reducing the risk of cramps and soreness

Don't miss David's tips every Saturday in your Journal

**W**ATER is an indispensable component of daily life, serving multiple critical functions that sustain our health and wellbeing.

It constitutes about 60% of the human body, highlighting its importance in nearly every bodily function. From aiding digestion to regulating body temperature, water is a fundamental element of life.

Water helps regulate body temperature through sweating and respiration. When your body heats up, sweat production increases and as the sweat evaporates, it cools the body down. This process is crucial, especially during hot weather or exercise.

Water also acts as a solvent and transporter in the body. It dissolves essential nutrients and minerals and transports them to cells.

It is crucial for the digestion process helping the breakdown of

food and the absorption of nutrients.

Proper hydration is vital for cognitive function as well. Dehydration can impair mood, concentration, and memory. Even mild dehydration can lead to fatigue, headaches, and anxiety.

The general recommendation regarding amount per day is two litres, but this can vary depending on factors such as age, gender, weight, and activity level.

The National Academies of Sciences, Engineering, and Medicine recommends an average daily intake of about 3.7 litres for men and 2.7 litres for women, which includes all fluids consumed from

food and beverages.

Hydration is critical before, during and after fitness sessions. Before exercising, it is essential to be well-hydrated to ensure that the body can efficiently regulate tem-

perature and maintain blood volume. During physical activity, especially high-intensity or endurance sports, the body loses water through sweat, which can lead to dehydration if not replenished.

Consuming water during exercise helps maintain performance and prevent fatigue. Post-exercise rehydration promotes recovery, it also aids in the repair and rebuilding of muscles, restoring electrolyte balance and reducing the risk of cramps and soreness.

Water also aids in the maintenance of blood volume, which is critical for cardiovascular health. Without sufficient water, blood can become thicker, forcing the heart to work harder to pump it throughout the body.

Therefore, make a conscious effort to keep yourself hydrated. It regulates your body temperature, aids digestion, flushes out toxins, and maintains cellular function, ensuring overall physical and mental well-being.



► It's crucial to keep yourself hydrated when exercising

*Water is your simplest path to wellness*

**Motivational quote of the day**