

Join us for the Fitwize

Nutrition Session

Friday, November 16

4 to 5 PM!

Did you know that about 60% of our body weight is water? This month during the nutrition session, we



will learn and discuss other fun facts about water including how much we should be drinking daily.

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Miller Method for Fitwize
11.18



Staying Hydrated

By Stephanie Mull, MS, RD, CSSD, CSCS

There is usually confusion surrounding how much we should drink to maintain hydration. With the prevalence of sparkling waters, flavored waters, sports drinks and energy drinks, it can be overwhelming to know what to choose and if it is a healthy option. Anything you drink will contribute to hydration. The important concept to remember is to keep empty calories low or nonexistent. Plain water, seltzer and sparkling waters are great options. Flavored waters are also a good option but look at the flavoring and sweetener to ensure they will meet your needs and not set off any possible intolerances.



A few years ago, a panel of experts released a report saying athletic adults should only drink when thirsty. This may be applicable in situations where the environmental temperature isn't extreme and when the exercise isn't long or intense, both of which require more intentional fueling guidelines. Children may not be great at responding to thirst signals. Therefore, they may need prompting to drink water throughout the day.

Children tend to prefer beverages that are more palatable. Therefore, they gravitate towards sports drinks, juice, lemonade and other sugar containing beverages. The empty calories can add up if children consume greater than 8 ounces per, day especially when they aren't very active. This month we will discuss the importance of drinking water and how to be mindful of the consumption of sugar containing beverages. We will taste test some flavored and sparkling waters to see if we can't spark interest in some new tastes!

A Few Tips to Consider:

- Encourage plain water throughout the day.
- If a child is active through sports or group activities, then a sports drink is not necessary. If a child prefers something more palatable than plain water, then you can try a low-calorie sports drink which will have considerably less sugar than the regular version.
- Hydration supports the skin and digestion and helps regulate body temperature.
- Some children prefer really cold water. Try an insulated bottle with ice cubes. Others prefer room temperature water. Talk with your child about their preference.