



# Tri Fit's Healthy Habits

## August Goal **Healthy Hydration**

Healthy hydration involves more than drinking enough water. We must also take care to conserve this precious resource. Our goal this month is to keep hydrated for health while practicing water conservation.

Share your best strategies for conserving water and healthy hydration on social media at **#TriFitWater**

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## Water Conservation

Water is one of our most precious resources but one we have long taken for granted. It is estimated that we each “consume” 6,400 litres of water/day.

A whopping 90% of this is embedded or virtual and goes into the production of the clothes we wear, the foods we eat and the products we use. The other 10% is water used in our homes for drinking, cleaning, gardening etc.

We have finite supply of fresh water and the diminishing effect climate change has had on this resource makes implementing the 3 R's of Water Conservation all the more urgent. Make it your mission to:

**Reduce** water consumption, food waste and consumption of animal products in our diets.

**Repair** leaky pipes, dripping faucets, worn out toilet tank flaps.

**Retrofit** by adapting or replacing older appliances and devices to increase efficiencies.



## Save Water in our Food

While not as glaringly obvious as a leaky tap, a huge amount of water is used to raise the food we eat. The following chart illustrates the water footprint created by the production of various food products through growing feed and irrigation.

| Food Item | Amount | Water Footprint (L) |
|-----------|--------|---------------------|
| Steak     | 1 kg   | 15,500              |
| Lamb      | 1 kg   | 10,400              |
| Chicken   | Whole  | 6,600               |
| Pork      | 1 kg   | 6,000               |
| Eggs      | Dozen  | 2,400               |
| Coffee    | 250 mL | 1,100               |
| Wine      | 125 mL | 125                 |
| Tea       | 250 mL | 30                  |

***Did you know that having one meat free day/week and choosing grass-fed beef whenever possible can significantly reduce your water footprint?***

For an interactive diagram on our water usage, visit <http://canadawaterweek.com/cww/english.html>  
<http://gordonfoundation.ca/publication/693>

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## Save Water At Home

Water usage in and around the home can be significantly reduced with the following measures:

- Install low-capacity toilets or retrofit your tank with a water displacement device.
- Check your pipes, indoor and outdoor faucets and toilets for leaks.
- Install low-flow showerheads with a shut-off button (to allow lathering). Did you know that a 10 minute continuous shower uses 170 L of water?
- Turn the tap off while shaving, brushing teeth, and lathering hands and face.
- Wash only full loads in the clothes and dish washer.
- Rather than a grass lawn opt for Xeriscaping or the selection of native grasses, plants, shrubs and trees needing little or no supplemental water. Mulch to further reduce moisture loss.



*Did you know that 65% of water use in the home occurs in the bathroom?*

<http://www.angelamorelli.com/water/> <http://www.davidsuzuki.org/what-you-can-do/the-three-rs-of-water/>  
<http://www.calgary.ca/UEP/Water/Pages/Water-conservation/Indoor-water-conservation/Water-Use-Tips.aspx>  
<https://www.ec.gc.ca/eau-water/default.asp?lang=En&n=F25C70EC-1#calculate> [http://eartheasy.com/live\\_water\\_saving.htm](http://eartheasy.com/live_water_saving.htm)

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## Fluid Facts

Think of water and other fluids as the oil that makes our metabolic processes run smoothly. Fluid is lost through our breath, sweat, urine and bowel movements and we lose even more in hot, humid weather. If we do not replace the lost fluid our cells dehydrate and shrink.

**Dehydration has been shown to impact the following areas:**

**Sports Performance:** Staying hydrated helps keeps core temperature and heart rate down during endurance events.

**Weight Management:** Drinking adequate fluid can assist in weight management. The body has trouble distinguishing between hunger and thirst so a glass of water may just quell cravings.

**Cognitive Functioning:** Dehydration can cause impaired brain function. Lethargy, irritability and an inability to concentrate are all signs of dehydration.

## How Much Fluid Do We Need

Should you drink 8 cups of water each day? How much fluid we need really depends on size, activity level and climate. The rule of thumb is to drink one-half to one ounce of liquid per pound body weight (0.5-1 oz/pound).

An individual weighing 150 pounds (68 kg) would need between 75 and 150 ounces (2-4 litres). A sedentary person living in a cooler climate would be at the lower end. An athlete living in a hot humid climate would be at the higher end.

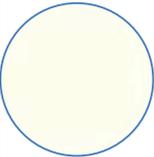
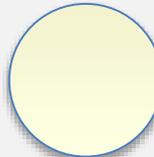
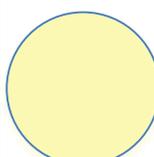
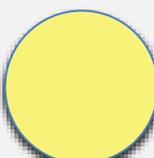
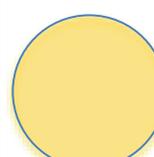
If this seems like a lot, remember that a diet rich in fruits and vegetables provides about 20% of fluid needs. The other 80% should come mostly from water but also herbal teas, unsweetened coconut water, moderate amounts of milk and unsweetened milk-like beverages, coffee and tea. Alcohol causes dehydration and should be consumed sparingly.



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Are you taking in enough fluid? Check the bowl!

What colour is your urine?

|  |   |
|--|---|
|    | <b>No Colour – Transparent</b><br>You are drinking too much water. Consider cutting back. |
|    | <b>Pale Straw Colour</b><br>You are normal, healthy and well-hydrated.                    |
|   | <b>Transparent Yellow</b><br>Normal   |
|  | <b>Dark Yellow</b><br>Normal but have a glass of water soon.                              |
|  | <b>Amber or Honey</b><br>You are lacking fluid. Drink some water now.                     |

Physicians as far back as 4000 B.C. have used urine to evaluate the health of their patients. In fact, Hippocrates routinely examined and tasted urine to help him diagnose illness.

While we don't recommend sampling your output, we do encourage you to take a peek in the bowl and adjust your fluid intake to make sure you are adequately hydrated.

Although pink or reddish urine can occur after eating beets, dark berries and rhubarb, persistent red, brown or orange urine could be a sign of something sinister and should be checked out.

***Did you know?***

**Medications, laxatives, supplements and food dyes can influence urine colour.**

<http://www.livescience.com/35819-history-urine-tests.html>

<http://health.clevelandclinic.org/2013/10/what-the-color-of-your-urine-says-about-you-infographic/>

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## Eat Your Water

For some, drinking enough water each day to stay hydrated can be a challenge. Luckily, fluids are not the only things that contribute to healthy hydration levels. Some foods contain significant amounts of water that can quench your thirst and help you feel satisfied on fewer calories.

| Fluid-Filled Food  | Water by Weight | Reasons to Eat                                     | Ways to Enjoy  |
|--|-----------------|--|--|
| <b>Cucumbers</b><br>      | 95%             | Packed with fibre and Vitamin C                    | Chop up for a salad with chick peas and beans or blend into a soup               |
| <b>Salad Greens</b><br>   | 90%             | Full of Vitamin C, folate, fibre and beta-carotene | Mix a variety of spinach, Boston Bibb, arugula and kale into a refreshing salad  |
| <b>Strawberries</b><br> | 91%             | Variety of B and C vitamins and folate             | Blend into a smoothie, mix into a fruit salad or bake into muffins               |
| <b>Watermelon</b><br>   | 92%             | Filled with Vitamin C and lycopene                 | Chop into a salsa, freeze into ice pops, mix with goat cheese for a summer salad |
| <b>Papaya</b><br>       | 88%             | Low in calories but high in fibre                  | Add to your morning parfait, chop with jicama, avocado and walnuts for a salad   |
| <b>Yogurt</b><br>       | 85-88%          | High in calcium, B vitamins and cultures           | Mix with muesli for breakfast or blend with feta and herbs for a light dip       |

[http://www.eatingwell.com/nutrition\\_health/nutrition\\_news\\_information/7\\_refreshing\\_foods\\_to\\_help\\_you\\_stay\\_hydrated](http://www.eatingwell.com/nutrition_health/nutrition_news_information/7_refreshing_foods_to_help_you_stay_hydrated)

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## Hydration Systems

Staying hydrated while being active is essential for good health and strong performance. The right water pack makes healthy hydration easy and convenient; just grab and gulp!



### Road Cycling

Fix one or two water bottle holders to the body of your bike to hold your water bottles. The longer you ride the more water you should bring.



### Running

A water waist or fuel belt allows you to carry small water bottles evenly balanced on your hips for your runs or races.



### Hiking, Backpacking, Climbing

For day trips, a backpack with water reservoir will sit comfortably on your back with a sip tube that will rest on your shoulder for easy access.



### Mountain Biking

Backpack hydration packs with large cargo storage permit maximum water reservoir and cargo storage space.



### Snowboarding or Skiing

This specialized system includes an insulated sip tube, freeze-resistant reservoir and attachments for either a snowboard or skis.

<http://www.rei.com/learn/expert-advice/hydration-system.html>

## Smartphone Water Apps

| iPhone  | Android   |
|---|---|
|  <b>Waterlogged</b><br>Tracks daily water intake compared to daily goal.             |  <b>We Tap</b><br>Find and share free drinking fountain locations.                         |
|  <b>TapIt</b><br>Network of places to fill water bottles for free using GPS locator. |  <b>Carbodroid</b><br>Animated droid encourages water intake with alarm reminder to drink. |

<http://www.business2community.com/mobile-apps/5-smart-drinking-water-apps-for-your-phone-024747>