

STAYWELL

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Brian Coles, Health Analyst

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WATER and FUNCTION

The human body is made up of 55 percent to 80 percent of water depending on age and gender. Water supports and provides many functions in the body. Water functions as an insulator, lubricant, and temperature regulator. It aids in swallowing, metabolism, digestion, and shock absorption. Water plays an important role in the function of most systems in the body. This is why it is important to stay hydrated.

THIRST

We have often heard that when you are thirsty, you are already dehydrated. This is true. Typically, the body will lose a significant amount of fluid before the thirst mechanism kicks in—up to three percent of the total water makeup. Mental confusion and physical performance begin to diminish with a loss of only one percent of total body fluids.



DEHYDRATION

Studies have shown that women with mild dehydration have an increase in perception of task difficulty and diminished concentration. Men have subtle mental difficulties when dehydrated.

Dehydration leads to:

- Moodiness
- Concentration difficulty
- Headaches
- Fatigue
- Constipation and digestive disorders
- Anger
- High blood pressure

- High cholesterol
- Acid-alkaline imbalance
- Asthma
- Allergies
- Weight gain
- Skin disorders
- Joint pain and stiffness
- Bladder problems
- Kidney problems
- Premature aging
- Degenerative joint disease
- Degenerative disc disease
- Insomnia

Water plays a vital role in many functions. When people are dehydrated, they don't feel well. To stay happy, drink more water.

In researching this newsletter, I came across an interesting fact that I had forgotten. Which tissue do you think contains more water—fatty tissue or muscle tissue?

The answer may come as a surprise. Muscle tissue contains more water than fatty tissue. Scientists believe this is due to the amount of energy the body stores. Muscles store glycogen and glycogen cells contain about 75 percent water. Fat cells contain only about ten percent water. This indicates that dehydration has less impact on fat cells than on other systems in the body.

FATIGUE

Fatigue is a major issue for many people. People who are tired all the time do not relate tiredness to dehydration. When a person is dehydrated, there is less blood flow to the organs, muscles, brain, and cells.



Less blood flow results in lower oxygen levels and lower nutrients that produce energy.

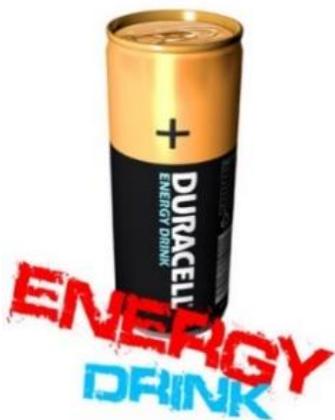
Often when we are fatigued, we think our body needs more energy. This leads to the consumption of extra calories that are not needed. We also tend to seek out drinks (caffeinated soft drinks and energy drinks) that stimulate the body.

When coaching at the high school, I found a common problem when the team played out of town and had to travel. Poor performance while playing after traveling was also common among other teams. It became very frustrating to watch the team have a great warm-up, and then when playing the game they lacked energy and performed poorly. Sometimes it seemed the athletes were in a fog and were not thinking clearly.

One day we had a three-hour bus trip. As one of the athletes was getting on the bus, I noticed he had three large energy drinks. When he got off, I noticed he didn't have them. I asked him about the drinks. He reported drinking them early in the trip and that he felt great. He was singing and dancing on the bus and enjoying the trip. As the game started, his performance dropped dramatically, as did many of the other team members. I quickly realized the stimulating effect of the caffeine was diminishing. The athletes were crashing right before my eyes. On the next trip, I discussed this with the team and asked them to wait to drink the energy drinks right before the game. They played superiorly for the first time when playing after traveling. It became a team rule: no energy-type drinks on the bus while traveling.

Caffeine improves alertness and concentration. It stimulates the brain to produce adrenalin and gives a burst of stimulation. Caffeine does nothing to produce more energy because it is a chemical reaction verses energy production. After the initial boost, our heart rate rises and blood pressure increases and that leads to greater fatigue. Too often stimulants

are used to boost energy when all that is needed is a one or two percent increase of water in the body to help us feel better and to prevent or remove a fatigued state.



NEW PROGRAMS

Improve your health, have more energy, function better, and be happier. Join the OUTAGE TENSION and STAY HYDRATED INITIATIVE (for all employees and spouses).

Participate in the Morning Stretch Program AT WORK as an employee (only count the days you stretch at work) or elsewhere for spouses. Use your own stretches or the approved stretches shown on the papers located outside Brian's office. The program is to stretch or warm-up for 15 minutes each morning.



Complete 30 days.

Stay hydrated during the day. If you have cotton mouth, dry lips, or dark yellow urine at half way through the shift, do not count that day. The goal is to hydrate early. **Complete 30 days.**

- Return the form at the end of the outage or when 30 days is accomplished to receive a gift card.
- Everyone who completes the program will have his/her name entered in a drawing.

Sources

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HYDRATION