

MHAC WELLNESS TIP



Hydration 101

Why is it so important to make sure we get enough fluids in our body when it comes to working out? Well our body is made up of about 60% water. When we workout we are using some of this fluid to be able to produce sweat. You should be drinking approximately 16 cups for men and 12 cups for women per day of water. This means that if you plan on working out then you want to drink approximately 14-22 oz two hours before your workout to make up for the fluid lost during the workout. Also make sure that you are drinking fluids during your workout so that you stay hydrated throughout the exercises. You will also achieve a percentage of your water intake through food. Some good choices of food to get water from are Watermelon, Spinach, Grapefruit and Broccoli. Don't forget that you will need something to hold your water in and look no further than our new "I'm so hood" water bottles now for sale at the Gear Shop. Stay focused, stay hydrated and stay sweating.... Justin Smith, MHAC Personal Trainer