



**Day after day, day after day,  
We stuck, nor breath nor motion,  
As idle as a painter ship  
Upon a painted ocean.**

**Water, water, every where  
And all the boards did shrink  
Water, water every where,**

An excerpt from the, "Rime of the Ancient Mariner," by Samuel Taylor Colridge kind of tells my story and that of a lot of you reading this article. Perhaps I should have given this article the title of, "To drink or Not to drink." Well frankly, I'm penning this article because I don't like wáter. It's all around me but I don't like the tasteless stuff. Oh, I know that it is important to drink liquids, before, during and after exercise. I have emphasized it for years, to my athlets, clients, family members and, yes, to myself. Being hydrated is crucial to staying healthy and maintaining the function of every system in your body, including your heart, brain and muscles. Fluids carry nutrients to your cells, flushes bacteria from your bladder and prevents constipation.

So how do you hydrate if you don't like that plain old wáter. There are ways to be sure. Let me give you a few and quite possibly they will help you in your quest to stay hydrated. First and easiest is to flavor your wáter by adding a little lemon or lime juice to get flavor. Next, you can start your day with oatmeal. Oats expand and absorb the liquid they are cooked in. You can add chi seeds in overnight oatmeal as they soak up 10 times their weight in liquid. Drink more milk. Milk actually hydrates better than wáter due to its protein, carbohydrate, calcium and electrolyte content. You can sip smoothies. In particular those that contain peaches, cucumbers, spinach, and blueberries. Eat more salads. Greens contain up to 94 percent wáter. Then add celery, tomatoes, bell peppers and carrots for good hydration. Lastly, eat broth based soups with lots of vegetables.