

CALA Canadian Aquafitness Leaders Alliance

In Handout How Much Water Do I Have To Drink During Aqua Class?

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Probably more than you think! The average person requires about eight glasses of water per day. If exercising, the amount of water required increases according to energy expended and the environmental conditions. If you feel even slightly thirsty, you are already in the first stages of dehydration. Loosing water will cause you to feel tired. You may not be able to perform exercises (or work) at your peak potential. The training value of each exercise will be decreased.

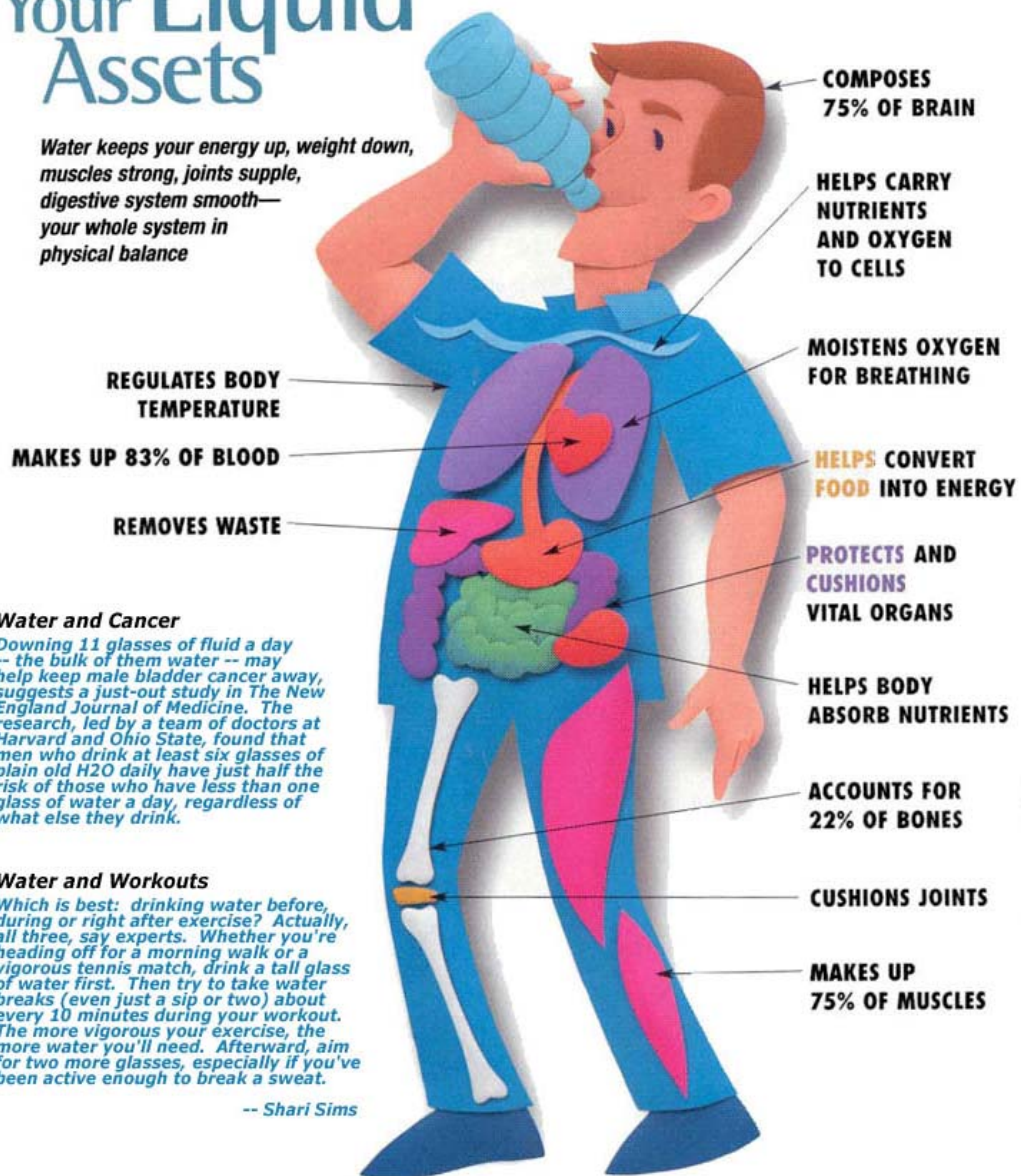
When you exercise hard or in hot weather, you sweat and breathe off huge amounts of liquids. Losing liquids reduces blood volume which makes you tired. Anyone who exercises vigorously can increase their endurance by drinking water. Be sure to replace salt as well as water lost when you sweat.

Here is how to avoid dehydration:

- ▶ Twenty minutes before exercise, drink a half to a full cup of water to get ready to perspire during your workout.
- ▶ During your exercise class, take a few sips of water every 10-15 minutes.
- ▶ After class, drink another half to a full cup of water.
- ▶ Remember caffeinated drinks are diuretics and will increase dehydration.
- ▶ Avoid or limit your consumption of colas, coffee and tea.
- ▶ Stay hydrated, stay healthy.
- ▶ Don't force yourself to gulp large amounts of water

Your Liquid Assets

Water keeps your energy up, weight down, muscles strong, joints supple, digestive system smooth—your whole system in physical balance



Water and Cancer

Downing 11 glasses of fluid a day -- the bulk of them water -- may help keep male bladder cancer away, suggests a just-out study in The New England Journal of Medicine. The research, led by a team of doctors at Harvard and Ohio State, found that men who drink at least six glasses of plain old H2O daily have just half the risk of those who have less than one glass of water a day, regardless of what else they drink.

Water and Workouts

Which is best: drinking water before, during or right after exercise? Actually, all three, say experts. Whether you're heading off for a morning walk or a vigorous tennis match, drink a tall glass of water first. Then try to take water breaks (even just a sip or two) about every 10 minutes during your workout. The more vigorous your exercise, the more water you'll need. Afterward, aim for two more glasses, especially if you've been active enough to break a sweat.

-- Shari Sims

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