The Phiz Biz

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Making the world a better place, one person at a time

Courtesy of Aerospace Physiology: Human Performance Team

Summer is here: Prepare Yourself!

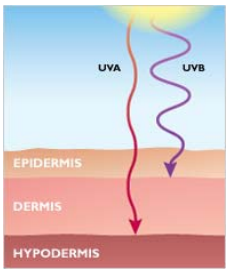
Did you know that in 1/3 of Americans the thirst sensation is so weak that it is often mistaken for hunger? If your body is 1% dehydrated your exercise performance is degraded by 10%. Now if your at 2% dehydration you may have fuzzy memory, trouble with basic math, and trouble focusing on a computer screen or printed page. Your brain desperately needs water to function. Are you drinking enough water?

Hydrate, Hydrate, Hydrate!

1. Sip on plain H2O throughout your day—not just during and/or after a workout. This is actually the best way to stay hydrated.
2. Don't wait until you're thirsty to drink water—you're already dehydrated at this point.
3. As you work harder and sweat more, increase your water intake.
4. The best way to gauge your water loss is to monitor urine output and color—you should use the bathroom every 2-3 hours and your urine should be clear to light yellow (like diluted lemonade, not concentrated tea).
5. Sugary drinks slow the absorption of water in your GI tract—avoid these drinks! (Sports drinks and soda)
6. Caffeine and alcohol tell your brain to dump water; you go to the bathroom more often and lose even more H2O.
7. You don't necessarily need sports drinks to replace electrolytes: they often contain a lot of sugar which just adds extra calories.
8. Stick to water for short workouts and sports drinks can help replace electrolytes during long workouts.

Protect Yourself…From the Sun!

1. Avoid the sun. Being outside with no protection between 10 am and 3 pm when the sun is most intense. Don't let a cloudy day fool you—clouds may only block up to 20% of the UV rays.
2. Use Sunscreen. Products that protect against UVA and UVB rays are best. Recommended minimum is SPF 15, although the higher the better. Don't forget to apply to those easily forgotten areas like: lips, nose, ears, neck, scalp, hands, feet, and eyelids.
3. Wear a hat. Wide brimmed or baseball hats can do wonders to protect your scalp, ears, face, and neck.
4. Wear Sunglasses. Make sure they protect you against both UVA and UVB rays. They should block 99-100% of the radiation.
5. Cover Up. Wear light weight, loose clothing that covers your arms and legs. If clothes get wet, UV rays pass through more easily. Also, if you can see through the fabric then UV rays can get through.
6. Bottom line—have fun in the sun. Just try to protect yourself from being exposed to too many harmful rays. Check your skin regularly for any signs of cancer.



Dehydration Statistics

- Mild dehydration slows down metabolism as much as 3%
- 70% of the human body is composed of water
- The average person drinks 16,000 gallons of water during a lifetime

June Events:

June 14 – United States Flag Day

June 20 – Father's Day

June 21 – Summer Solstice

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