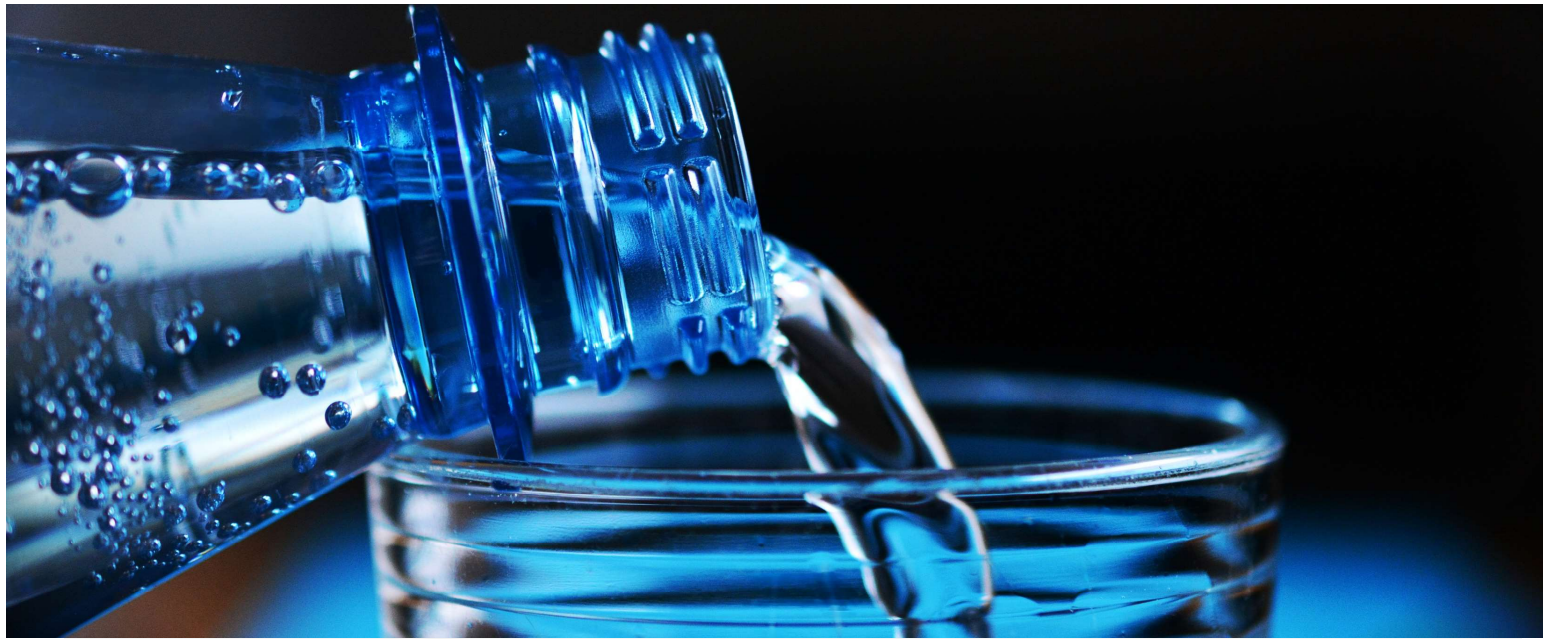


FITEX WEEK 8

You Want Me to Drink What?



JUST FOR YOU

Water provides lubrication to the joints, gets rid of waste through urination, sweating, and defecation; and plays a role in regulating your body temperature. It is recommended that men drink 3.7 liters of water per day and women drink 2.7 liters of water per day. Here is a tip to track your water intake: use the same water bottle, calculate how many times you should refill it and put that number of rubber bands around the middle of the bottle - when you finish the bottle, move a band to the top.

TEAM TALK

By this time, participants usually share that they were surprised about *something* throughout this program. Maybe you learned that Monday is your best fruit/vegetable consumption day and Friday is your worst. Maybe you learned that your office mate loves Brussels sprouts and Zumba as much as you do. Share what you learned throughout this journey: #FitEx #LessonsLearned

RECIPE OF THE WEEK

The recipe for this week is Fruit Infused Water. The website includes several recipes so find one with your favorite fruits or try all of them. Try making this recipe at home and post a picture on your social media using the hashtags: “#fruitinfusedwater” and “#hydrationiskey” Scan the QR code below to take you to the recipe.

HYDRATING IN THE HEAT

You always want to avoid dehydration, but especially in the heat. There are two easy ways to tell if you are dehydrated: (1) your urine will be dark yellow and/or cloudy and (2) if you are thirsty, you may already be dehydrated. For reference, urine should be a pale yellow. If exercising in very hot temperatures or for more than 1 hour, drinking a sports drink will replace electrolytes and fluids lost. For low to moderate activities, water is a great choice for pre-, during, and post-exercise. Always remember to rehydrate after exercise to replenish what you lost during exercise.

