



Activity, nutrition, hydration and sleep are the everyday behaviors that affect long-term health. These behaviors strongly influence the health, performance and appearance of an individual. A person can determine if his/her habits are producing the desired health benefits by logging activity, nutrition, hydration and sleep patterns.

Logs can help a person see how choices regarding activity, nutrition, hydration and sleep affect fitness and health. An individual can make a plan to improve fitness and health through lifestyle choices based on the information received from these types of logs. The improvement of health, performance and appearance will never fully be achieved without first understanding how activity, nutrition, hydration and sleep work together.

HYDRATION

Water is an important nutrient for health, performance and appearance. The body is made up, on average, of 60% water. Water helps regulate body temperature, provides a means for nutrients to travel to organs, transports oxygen to cells, removes wastes from the body, moistens skin, helps muscles move, cushions joints, and protects organs.

Providing an adequate amount of water to the tissues of the body is **hydration**. Water can be consumed by drinking and also through foods such as soup, fruits and vegetables. It is recommended that a person drink water equal to half his/her body weight in ounces every day. A person who weighs 160 pounds should drink at least 80 ounces of water daily. Physical activity increases the amount of water needed to stay properly hydrated, and it is recommended that an additional eight ounces of water be consumed for every 20 minutes of activity that is performed.

Dehydration is a problem because by the time a person feels thirsty he/she is already dehydrated. Signs of dehydration include dry lips, nausea, dark yellow strong-smelling urine, not urinating as often, and constipation. Dehydration has been linked to many health concerns such as low energy levels, elevated blood pressure, circulation problems and decreased kidney function. Performance is affected through the loss of coordination and strength. Dry skin is a sign of dehydration and can have an effect on appearance.

Using a **hydration log** allows a person to see the amount of water intake in an average day. A hydration log will give insight into drinking patterns, such as how much water is consumed and whether or not hydration needs are met. This information will allow a person to monitor and adjust water intake.

The benefits of drinking water are immeasurable, and staying hydrated improves health, performance and appearance.



Key vocabulary words that will be introduced during this unit are:

- **Dehydration** - When there is not enough water in the tissues of the body
- **Hydration** - Providing an adequate amount of water to the tissues of the body
- **Hydration Log** - A system used to monitor a person's hydration habits