

# CC Wellness ...be well.

Whoa! July is here! The sun is awake and alive, let us match our bodies to this rhythm. The Converse Wellness Committee is always looking for ways to gain excitement and help YOU up-level your lifestyle to create more vibrancy in your life. We are offering a customizable challenge in July focusing on water and movement. YOU choose your goals and YOU design how the challenge can best benefit your life. Check out the attached flier to see the details and join in on the fun!

**Importance of**  
**HYDRATION**

**SYMPTOMS OF DEHYDRATION:**

- THIRST
- DIZZINESS
- CONFUSION
- FATIGUE
- DRY SKIN/MOUTH
- LESS-FREQUENT URINATION
- INCREASED HEART RATE

**Tips to hydrate**

- DRINK AT LEAST 64 OUNCES OF FLUID PER DAY
- MINIMIZE THE CAFFEINE
- AVOID ALCOHOL AND SUGARY BEVERAGES
- WHETHER YOU ARE THIRSTY OR NOT, DRINK WATER BEFORE, DURING AND AFTER EXERCISING

BaylorHealth.com/SportsCare

Urine Chart	NSW Rural Fire Service	10
<b>Urine Chart</b> <b>HOW DEHYDRATED ARE YOU?</b> For frontline fire fighting, 1 litre of fluid should be taken every hour		
<b>DARK YELLOW</b>	<b>Highly Dehydrated</b> – Drink a large bottle of water immediately!	
<b>BRIGHT YELLOW</b>	<b>You are still seriously dehydrated</b> – Drinking more now will make you feel a lot better	
<b>YELLOW</b>	<b>Moderately dehydrated</b> – You lose fluid on a regular basis throughout the day – Drink more water to get hydrated	
<b>LIGHT YELLOW</b>	<b>Almost there</b> – Get some more water in your system – Stay hydrated and healthy!	
<b>CLEAR</b>	<b>Great job</b> – Now don't let yourself get dehydrated – Drink at least 8-12 large glasses of water throughout the day	
<b>CAFFEINATED AND SUGARY DRINKS AND ALCOHOL DEHYDRATE – LIMIT YOUR CONSUMPTION</b> You can have a sport drink to supplement electrolytes. They should be taken at the ratio of 1 sports drink to 10 equivalents of water. Approved by the NSW Ambulance Service		

Drinking enough water every day is good for overall health. As plain drinking water has zero calories, it can also help with managing body weight and reducing caloric intake when substituted for drinks with calories, like regular soda. Drinking water can prevent dehydration, a condition that can cause unclear thinking, result in mood change, cause your body to overheat, constipation, and kidney stones.

Adults and youth should consume water every day.

- Daily fluid intake (total water) is defined as the amount of water consumed from foods, plain drinking water, and other beverages. Daily fluid intake recommendations vary by age, sex, pregnancy, and breastfeeding status.
- Although there is no recommendation for how much plain water adults and youth should drink daily, there are [recommendations](#) for daily total water intake that can be obtained from a variety of beverages and foods.
- Although daily fluid intake can come from food and beverages, plain drinking water is one good way of getting fluids as it has zero calories.

## Take a Hike!

There are so many benefits of hiking! Get out and Take a Hike!

### It's free!!

There are some national parks that do have entry fees, but there are many trails that are free of charge!

### You don't need much equipment

Unless you plan on hiking in extreme weather conditions or a challenging trail, you just need the essentials to begin!

### Bring the family!

Getting closer to nature can encourage children to explore and have adventure!

### Distance of hike can be designed for your fitness level

You can go at your own pace and distance!

### Improves mental wellbeing and reduces stress

Can improve mental wellbeing for those with depression & anxiety. Hiking can be a perfect activity to use to de-stress from our busy lives!

### Boosts creativity

Disconnecting from our electronic devices and the surrounding technology that is available is a great way to activate your creativeness! Let your mind flow!

### Endless physical benefits

Hiking can build leg strength by climbing steep terrains. Hiking activates your core and builds core muscles! It stabilizes joints and can improve balance. Weight loss! Hiking can be a great, easy way to lose those pounds plus it doesn't feel like working out! There have also been studies linked to hiking that if done regularly can reduce the risk of heart disease, improve blood pressure and can stabilize blood sugar levels!

Be prepared for your hike and plan ahead! Always follow hiking safety measures! Let's get moving Converse County!

**7 TIPS ON PREPARING FOR A HIKE**

- 1 Don't hike alone**  
Try to hike with a buddy and make sure a friend has your route plan.
- 2 Pace yourself**  
Hiking is not a competition. Don't try to keep up with someone else – set your own pace and listen to your body.
- 3 Be realistic about your abilities**  
If you're inexperienced, don't expect to complete a 10-hour hike, or even a five-hour hike, on your first try.
- 4 Stay well hydrated**  
It's too late to drink when you're already on the trail and feeling thirsty! You should be hydrated for days, even a week ahead.
- 5 Dress appropriately**  
Hiking rugged trails in flip-flops, shorts and thin tops, with no backpacks is not a good idea!
- 6 Use poles**  
Hiking poles have many uses. They give you traction on rocky or slippery ground, and distribute weight evenly, saving your knees.
- 7 Take healthy snacks to maintain energy levels**  
Nuts and fruits are best – avoid anything that will melt in heat or serve as empty calories.

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