



## Water

Here are a few facts about water that have been published in recent studies:

- 75% of North Americans are chronically dehydrated
- Even MILD dehydration will slow down one's metabolism by as much as 3%
- Lack of water is the #1 trigger of daytime fatigue
- 37% of North Americans have a thirst mechanism so weak that it is often mistaken for hunger
- One glass of water can effectively reduce hunger pangs almost 100% of the time
- Drinking 8-10 glasses of water a day can ease back & joint pain for up to 80% of sufferers
- A mere 2% drop in body water can trigger:
  - Fuzzy, short-term memory
  - Trouble with basic math
  - Difficulty focusing on a printed page or computer screen
- Drinking five glasses of water daily decreases the risk of:
  - Colon cancer by 45%
  - Bladder cancer by 50%
  - Breast cancer by 79%

Here are some suggestions for drinking water:

- Drink at least 3 litres, or 10 glasses, of water each day
- Drink at least 250 ml of water or electrolyte drink during your run for every hour of running
- Try taking a mouthful of water or electrolyte drink every 10 minutes during your run
- Reduce coffee, pop, juices and other carbonated beverages throughout the week
- At the end of the week drink only water, tea and coffee

Remember, drinking water is the most important thing you can do for yourself to help you prevent cramps, enjoy your run and recover quickly!

**RUN!**  
Benny