



Health and Wellness Program



PARTNERING
WITH



→ **WATER: IT DOES
A BODY GOOD!**

Summer means hotter temperatures and longer days. Many people spend more time outside during the summer months. With these changes, it is really important to make sure you stay hydrated. Drinking water during the day is the easiest way to do that.

Water helps the body function. Everybody needs it. It doesn't matter if someone is tall or short, or young or old. Water is so important that the human body can only live a few days without it. It helps control temperature, helps with digestion and eliminates waste from the body. Water also helps strengthen muscles and keeps joints, tissues and organs working well. Drinking water can keep your skin moist and looking younger too.

Staying hydrated

The amount of water that a person needs depends on his or her lifestyle. As a general suggestion, most people should get eight to 12 cups of water a day. People who exercise or are very active need more than people who have a lower activity level.

You can also stay hydrated by drinking other beverages. You should try to limit other drinks because many have sugar and calories. Water is the best and healthiest choice.



Some food also has water, such as fruits and vegetables. Those are good choices to add to your diet too.

You may become dehydrated if you do not drink enough. You will know you need to drink more water when you become thirsty. That is the first sign that you need more fluids. You can also look at your urine. If you are getting enough then it will be light yellow or colorless.

Here are a few tips to keep hydrated during these summer months.

- Drink a cup of water when you first wake up.
- Drink water instead of soda or fruit juices.
- Keep a bottle of water with you to sip on during the day.
- Drink more water when exercising.
- Add more fruits and vegetables to your diet.

SUN VERSUS SHADE: THE BURNING DEBATE

Did you know that your skin is the largest organ in the body? Its main job is to protect your insides.

Many years ago people thought that a tan during the summer was a plus. Now we know that a tan is actually our skin trying to protect us from the sun.

The sun has ultraviolet radiation that can damage your skin and lead to cancer. There were more than 1 million new cases of skin cancer diagnosed last year (National Cancer Institute). Too much sun can also lead to early wrinkles, sagging and skin that looks leathery. Do not risk damaging your skin when there are easy ways to protect it.

Wear sunscreen every day, even when it is cloudy. About 70-80% of the sun's rays can come through clouds and fog. Put on sunscreen a half hour before you go outside and reapply every few hours. If you are going to be swimming or sweating, then you may need to reapply more often. Once you get a sunburn, you have already damaged your skin.

Also, don't forget your face. Facial skin is more sensitive to the sun because it is thin. Many cosmetic products now include SPF, so be sure to check.

For better skin care, do

- Always wear sunscreen with SPF 15 or higher. Apply to your whole body 30 minutes before you go outside. Then reapply every two hours.
- Stay out of the sun, especially between 10 a.m. and 4 p.m.
- Wear clothing to protect your skin and eyes from the sun. A hat with a wide-brim, UV sunglasses, long-sleeved shirts and pants are good choices.
- Watch your skin to see if there are any changes like new moles or freckles.
- See your health care home provider (provider) every year for a professional skin exam.

Do not

- Lay in the sun to get a tan.
- Use a tanning booth to get a tan.
- Let yourself get a sunburn.

**ABOUT CARBOHYDRATES**

There are many diets that try to explain why you should, or should not, eat carbohydrates. When you eat a balanced diet, however, the right kind of carbohydrates can provide you energy.

The carbohydrates in food make blood glucose levels increase. The body breaks carbohydrates down into sugars. When those sugars get into the blood, the sugar level increases and the body releases insulin. Insulin moves sugar from the blood to cells. When it reaches the cells, sugar can be used as a source of energy.

If the body has problems producing or using insulin, then those sugars have a hard time reaching cells to become energy. That is why the American Diabetes Association encourages people with diabetes to watch their level of carbohydrates. When you "count carbs," you can help keep your blood glucose levels in the right range for you.

Many of the foods we eat are made up of carbohydrates:

- Fruits, vegetables and beans
- Dairy products
- Breads, pastas and rice
- Grains and starchy vegetables
- Cookies, chips and beverages

Carbohydrates are neither good nor bad. They are necessary foods that give your body energy. The key is to limit carbohydrates to help control your diabetes. If you have questions about the level of carbohydrates that is right for you, talk with your provider about your diet.

Sources

Water resources: links found on the U.S. Department of Agriculture National Agriculture Library Food and Nutrition Information Center: extension.iastate.edu/nutrition/sport/fluids.html mclcmson.edu/extension/hgic/food/pdf/hgic4151.pdf

Sun versus shade resources: skincancer.org/sunscreen healthunit.org/sunsafety/aboutskin.htm

Carbohydrates: kidshealth.org/kid/stay_healthy/food/carb.html diabetes.org/food-nutrition-lifestyle/nutrition/meal-planning/carbs-and-diabetes.jsp

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