

Health Awareness

A County Health Pool Publication



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Water Wisdom

A natural beverage, it purifies and hydrates, eliminates toxins and leaves you with a healthy glow. We are talking about water, H₂O the healing liquid of life.

Water is the most common substance on earth, and it's also the most common substance in the human body, making up more than 60 percent of a person's body weight. While you could potentially live without food for weeks, you're unlikely to last more than a few days without water.

Staying hydrated is extremely important: water is used by your body to perform almost every major function. For example, your body uses water to transport nutrients and oxygen to cells, regulate your body temperature, moisten mouth, eye, and nose tissue.

Water also protect organs and tissues; lubricate joints and flushes out waste products. Without proper hydration, the body's normal functions can become seriously inhibited.

H₂O-How Much is Enough?

The problem with arriving at an exact number is that the amount of



water needed depends largely on a person's size, activity, and health levels. To keep your muscles working and avoid fatigue; medical experts recommend drinking plenty of liquids before, during, and after most physical activity. The best way to be sure you are drinking enough water is to pay attention to your body and your daily activities, drinking more as your circumstances require.

Boost Your H₂O Intake

Would you like to incorporate more water into your day? Here are some tips recommended by some medical experts:

- Before breakfast, sip a glass of hot water to flush out any toxins and prepare your stomach for eating. Doing this

each morning will ensure that you start off the day hydrated and will put you in the mid-set of drinking water throughout the day.

- Have a glass of water with every meal. This habit will help you drink at least three glasses of water a day. Have a pitcher of water sitting on the table so you can easily refill your empty glass.



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Water Wisdom

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- As soon as you get to work, grab a glass and fill it up. Keeping a glass of water in front of you will remind you to drink throughout the day. Make it a habit to drink water every time you take a break.
- If you need a break from just ordinary water, try it with slices of cucumber or a squeeze of lemon. Adding flavor to your water is a great way to mix things up while keeping hydrated.



- During physical activity, try to drink 4-6 ounces every 15-20 minutes to keep your muscles well-hydrated. If you are planning an hour-long walk or gym workout, fill a water bottle with about 16 ounces (2 cups) and take it with you.

Super H2O, Will it Help?

These days, bottled water is not necessarily simple H2O. Store shelves and vending machines are filled with plain and so-called “fitness waters,” chock full of vitamins, minerals, and herbal potions. Some super waters not only come with nutrient additions but contain soluble fiber, fruit essence, caffeine, and believe it or not, oxygen.

Benefits Corner

The ComplexCare program

As a member of the County Health Pool, you have access to several Anthem programs that are available at no cost, as part of our ASO contract with Anthem. One of the newest programs that is available to our members is the ComplexCare program. This program was designed to promote quality care for those individuals with high risk health conditions. The individuals are identified for this program through claims analysis, utilization management reports, referrals from a physician or the 24/7 NurseLine.

The ComplexCare program is staffed by nurses that are trained with helping high risk individuals. The nurse will work directly with the participant and will coordinate with their treating physician to create an individualized nursing plan. The nurse plan will contain personalized goals to promote self management of their condition in seeking to achieve improved health status, quality of life and decreased costs.

If you have any questions or concerns regarding this program, please contact Meredith Burcham at 303-861-0507 Ext 111 or mburcham@ctsi.org.

Savvy marketers have picked up on the need for low-calorie beverages and have developed fitness waters to help us meet our fluid requirements.

Most of the fitness waters are low in calories and pose little threat to the daily caloric

intake or eating plan. If you enjoy drinking them and they help you meet your fluid needs, great!

The real question is, are fitness waters any better than plain water? And the simple answer is, only if they help you drink up. Otherwise, plain water is just fine.

Source: Webmd.com

