



# THE IMPORTANCE OF WATER ESPECIALLY DURING OUR WORKOUT

YOUR BODY NEEDS AN ABSOLUTE MINIMUM OF 6..... 8 OUNCE GLASSES OF WATER A DAY

ALCOHOL, COFFEE, TEA AND CAFFEINATED BEVERAGES DO NOT COUNT AS WATER

A GOOD GAUGE FOR THE WATER NEEDS OF THE BODY IS THE COLOUR OF URINE; A WELL HYDRATED PERSON PRODUCES COLOURLESS URINE AND A COMPARATIVELY HYDRATED PERSON PRODUCES YELLOW URINE. A TRULY DEHYDRATED PERSON PRODUCES ORANGE URINE

- BUT WHY IS BEING HYDRATED SO IMPORTANT?
- LOWERS OUR BLOOD PRESSURE,
- HELPS TO KEEP US FROM OVER EATING,
- KEEPS US REGULAR,
- FLUSHES TOXINS
- OUT AND MANY OTHER AWESOME FACTORS.....

BUT TODAY I AM GOING TO DISCUSS HOW WATER HYDRATES OUR BONES AND JOINTS, ALLOWING FOR BETTER PHYSICAL PERFORMANCE IN EXERCISE, SPORT AND DAILY ACTIVITY.

HOW AND WHY DOES THIS HAPPEN?

THERE ARE TWO IMPORTANT FACTORS HERE.....

FIRST OF ALL.....

WATER IS THE LUBRICATING PROPERTY THAT ALLOWS THE CARTILAGE IN JOINTS TO SLIDE FREELY OVER ONE ANOTHER.

IN A WELL HYDRATED JOINT THE RATE OF FRICTION IS MINIMAL BUT IF THE CARTILAGE OF A JOINT IS DEHYDRATED THE RATE OF ABRASION BETWEEN THE TWO ENDS IS DAMAGING.

IN ADDITION TO THAT IF THE BODY ISN'T GETTING ENOUGH WATER TO HYDRATE THE CARTILAGE IT WILL START TO PULL IT FROM THE BONE MARROW RESULTING IN WEAK, BRITTLE BONES.

INITIALLY PAIN IS AN INDICATION THAT A JOINT IS NOT FULLY HYDRATED AND EVENTUALLY SWELLING AND EDEMA WILL INCREASE AS THE NEXT SIGN.

IF DEHYDRATION IS LEFT UNCHECKED LONG TERM, THE BONE SURFACES BECOME BARE AND EXPOSED UNTIL OSTEOARTHRITIS SETS IN AND THE TISSUES SURROUNDING THE JOINTS BECOME DAMAGED. WHEN THERE IS TISSUE DAMAGE THAT NEEDS TO BE REPAIRED A HORMONE IS RELEASED IN THE BODY, TAKING OVER AND REMODELLING THE JOINT, RESULTING IN A DEVIATION AND DISFIGUREMENT OF THE JOINT CREATED BY THE FORCE AND PRESSURE THE JOINTS MUST ENDURE.

IN THE VERTEBRAL JOINTS WATER IS NOT ONLY A LUBRICANT BUT IS HELD IN OUR SPINAL DISCS AND SUPPORTS THE WEIGHT OF 75% OF OUR UPPER BODY AND THE FORCE PRODUCED BY MUSCLE ACTION AT THE JOINT.



AND SECONDLY.....

JOINT MOVEMENT CAUSES AN INTERMITTENT VACUUM TO BE CREATED WITHIN THE JOINT SPACE AND WATER AND NUTRIENTS TO BE PULLED THROUGH THE BONE AND THE CARTILAGE INTO THE JOINT CAVITY BUT ONLY IF WATER IS READILY AVAILABLE.

SO TO PREVENT BACK PAIN ONE NEEDS TO DRINK SUFFICIENT WATER AND EXERCISE IN ORDER TO PROMOTE WATER CIRCULATION INTO THE JOINT BY THE PRESSURE CREATED AS A RESULT OF JOINT ACTIVITY.

\*\* THE KEY IS TO RECOGNIZE JOINT PAIN AS A THIRST SIGNAL FROM YOUR BODY BEFORE IT GETS TO THE OF POINT PAIN.

SO...DRINK UP!