

Drinking Enough Water?

2015 Leader Lesson

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At a Glance:

We've all heard we need to drink plenty of water each day to be healthy. Then WHY don't we do it – and what can we do to make it a routine part of our daily life?

Time Required:

Approximately 20 minutes

Objectives:

Through this interactive lesson, participants will 1) learn why water is vital to health, 2) gain fun and creative best practices to increase water consumption, and 3) become more motivated to increase water consumption

Materials Needed:

Water – Three jars infused water
Stones, buttons, or tokens for voting
Pitcher, small drinking cups
Various types drinking straws
Teaspoons & glasses (for music making)
3 bottles different brands water
Note pads and pencils



More than 4 in 10 Americans don't drink enough water

Teaching the Lesson:

INTRODUCTION

Sixty Percent! If something makes up 60% of your body, you'd think it was pretty important. Yup. This month's lesson is all about water. We're not all natural water lovers though. And while there are many days you may fall short of your targeted water consumption, it DOES help to be reminded why we need to drink.

Even something as simple as a new glass or straw can make drinking water more special. It can actually be pretty easy to inspire people to drink more water if you just make it a gameand make it fun!

Read or present the program. Then do one or more of the activities at the end of the lesson.

Drinking Enough Water?

REASONS TO DRINK WATER:

1. You can live for a month without food (really!) but only about a week without water. It's vital to our survival. Research shows that even a 2% drop in the amount of water in the body is enough to trigger fuzzy short-term memory, trouble with basic math and difficulty focusing on the computer screen or on a printed page.
2. It's helps with weight loss (really!) as it increases your metabolism and regulates your appetite. Did you know that we often mistake thirst for hunger? Personally I mistake A LOT of things for hunger, but thirst is an easy fix.
3. Water Helps Energize Muscles. Cells that don't maintain their balance of fluids and electrolytes shrivel, which can result in muscle fatigue.
4. It has other health benefits, like helping your kidneys and helping maintain normal bowel function. It may also help in reducing the risk of certain types of cancers such as colon, bladder and breast cancers as it transports nutrients to the body and flushes out wastes and bacteria that can cause disease.
5. It's a wonderful beauty treatment, not just ON your skin, but IN it! The right amount of hydration in your skin cells cause them to plump up nicely when they may otherwise sag due to aging or weight loss. Woo Hoo!

There are other great reasons, but I figure survival, weight loss, health and beauty are a pretty good start.

A few things to remember:

- We don't have to drink it all at once.
- It may be easier to drink a whole glass of water if it's cool, not cold.
- We can add non-diuretic flavorings to the water (be careful of added calories).
- Ice counts – sip on ice shavers or chips
- It doesn't matter when you drink your water during the day, but it's a really good idea to stop drinking 3 hours before bedtime. You know why.

If you have a lack-of-water-drinking-problem, look at it this way. There are a lot of things we SHOULD do to keep our bodies healthy that are pretty difficult such as increasing our activity, decreasing our portion sizes and NOT eating food items that we really want. **In the scheme of life drinking more water is pretty easy and the benefits are huge.**

But when it comes to water consumption, many adults—and the vast majority of older Americans—aren't drinking enough, finds a 5-year study from French and American researchers. The study team evaluated overall water consumption among more than 15,000 Americans. They found:

- Among adults aged 20 to 50, 43% of men and 41% of women failed to meet the daily water intakes recommended by the US Institute of Medicine (IOM)
- People aged 50 to 70 were even less likely to meet the guidelines,
- and the numbers tanked among older adults; **roughly 95% of men and 83% of women 71 and older don't drink enough water**, the research shows.

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How Much Water Should You Drink Per Day?

There are many different opinions on how much water we should be drinking every day. The health authorities commonly recommend eight 8-ounce glasses, which equals about 2 liters, or half a gallon. This is called the 8x8 rule and is very easy to remember.

And no, you can't rely on your sense of thirst to tell you if you've had enough water. Research from Johns Hopkins University says **the sensation of being thirsty fades as adults age—regardless of water intake—which might be one reason older adults don't drink enough.**

BRAIN STORM:

What are some ideas you have to increase water consumption? Here's a few to get the discussion started:

- Make it a habit to start your day with a whole glass of water.
- Keep a water bottle with you throughout the day
- Take a sip whenever you pass a water fountain

Activities:

Choose one or more of the following activities to go with the lesson:

1. Create your own flavored water
2. Drinking with straws
3. Choose your favorite water brand
4. Create a beautiful tune
5. Hydration Cross-Word
6. Water Quiz

Activities:

For the most FUN

- Use Activity #1 as refreshments for club meeting
- Set up activities #2-4 on separate tables and let the club members rotate between the activities
- Close with giving Club members the cross-word puzzle or quiz.

1. Create Your Own Flavored Water

Set up three drink dispensers with infused water and let club members "vote" by dropping a stone or token in a cup in front of their favorite water.

To make an infused water: Place fruit and/or herbs in the bottom of a large pitcher. Top the ingredients with 6 cups ice, fill with water, and stir, cover, and refrigerate for at least 2 hours to let flavors infuse.

Some things to try: Oranges, Strawberries, Cucumbers, Melon

2. Drinking with Straws

Straw races are fun and can help encourage kids of all ages to drink water. This activity just requires a variety of straws, including bendy ones, crazy ones, extra-large ones made for milkshakes and tiny ones intended for stirring coffee. Have everyone see how much they can drink through their straw. Whoever drinks the most water during a certain amount of time or finishes a certain amount fastest, wins. Don't forget to have fun prizes as rewards.

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3. Choose Your Favorite Water Brand

Using several different types of bottled water, small plastic cups, note pads and pencils for taking score, you can create a blind taste testing game. Let club members taste each brand and decide on their favorite. See if they can guess which brand is which sample.

4. Create a Beautiful Tune

This activity involves making music with water glasses. Have a glass of water for each person in the group and a pitcher of water; now create a lovely tune by rubbing the rims of the glass or stemware or make a chime-like sound by hitting the glass with a teaspoon. To make various "notes," they will have to drink different amounts of water from their glass. You may have to set a time limit for this!

Evaluation

Ask the following questions at the end of the lesson.

1. Name at least two reasons why water is important for your health
2. Identify one infused water recipe you plan to use for yourself or your family
3. Describe at least one step (it can be a fun thing to do!) which you will take to increase your (or your family's) consumption of water.

Source of Information:

<http://pbskids.org/lunchlab/hydration>, 2010, Ready To Learn grant, U.S. Department of Education

<http://www.webmd.com/fitness-exercise/rm-quiz-know-about-hydration>

American Academy of Family Physicians: "Hydration: Why It's So Important."

American Council on Fitness: "Fit Facts, Healthy Hydration."

The Academy of Nutrition and Dietetics: "Hydrate Right," "How Much Water Do I Need Each Day?"

CDC: "Water: Meeting Your Daily Fluid Needs."

Institute of Medicine: "Dietary Reference Intakes : Electrolytes and Water," "Dietary Reference Intakes: Water, Potassium, Sodium, Chloride, and Sulfate."

International Food Information Council Foundation: "Hydration: Does it Always Have to be Water?"

National Athletic Trainers' Association: "Inter-Association Task Force on Exertional Heat Illnesses Consensus Statement."

The Nemours Foundation: "Dehydration."

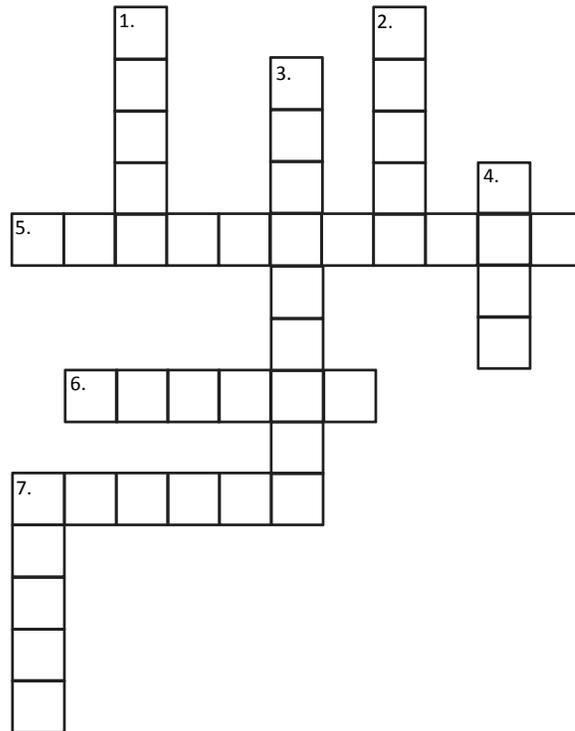
U.S. Department of Agriculture: "Nutritive Value of Foods," "Nutrition and Your Health: Dietary Guidelines for Americans."

<http://www.livestrong.com/article/1002334-games-make-drinking-water-fun>

<http://ehow.com/how/5104489-make-music-water-glasses.html#ixzz2wuoTNDv8>

Drinking Enough Water?

Hydration Crossword Puzzle



Across

- 5. Not getting enough water
- 6. Water exists in three states: gas, solid and
- 7. About 2% of the earth's water is

Down

- 1. Only 1% of the earth's water is
- 2. One way you lose water
- 3. Drinking enough water
- 4. This is about 60% water
- 7. A tasty way to get water

Drinking Enough Water?



1. You should drink at least eight glasses of water per day
True
False
2. How much of their water do people typically get from food:
5%
10%
20%
50%
3. Exercise in hot, humid conditions can make you dehydrated in:
30 minutes
45 minutes
1 hour
2 hours
4. When exercising, most people should break for water every:
5 minutes
20 minutes
40 minutes
1 hour
5. Which of the following drinks is the most dehydrating?
Alcohol
Coffee
Sugar-sweetened soda
6. The amount of fluid you need to stay properly hydrated depends on:
Your age
Your health
The weather
All of the above
7. How much water does the average adult lose every day naturally?
1 cup
2 cups
8. You may be dehydrated if your urine looks like:
Water
Lemonade
Concentrated apple juice
Grapefruit juice
9. Drinking water can help you lose weight
True
False
10. You should avoid drinks and snacks with sodium when you're trying to rehydrate
True
False
11. Water helps your body
Remove waste
Move nutrients
Cushion joints
All of the above
12. Which of the following is an early warning sign of dehydration?
Thirst
Slower breathing
Slower pulse
All of the above
13. Water is usually as good for rehydration as sports drinks that have electrolytes.
True
False

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<http://www.webmd.com/fitness-exercise/rm-quiz-know-about-hydration>

Answers to Quiz:

1. True or False – There's no evidence to back that up. But most medical advisors recommend it. Your need will depend on many factors and include water from all foods and beverages.
2. 20% - The average person gets about 20% of their water for the day from food. An apple is 84% water. Bananas are 74% water. Broccoli is 91% water. Even foods that you might not think of as moist -- a plain bagel (33% water), ground beef (56%), American cheese (39%) -- help.
3. 30 min. - Especially in hot, humid weather. So don't exercise hard, outdoors, when it's too hot and humid. You'll need to take longer breaks, shorten the workout or intensity level, and dress appropriately.
4. 20 min. - On average, you should take a rehydration break about every 20 minutes. Most people would stay adequately hydrated by drinking 5 to 10 ounces of fluid every 20 minutes. But your exact need depends on things like how hard you're working, whether you are indoors or outdoors, and your age, gender, and weight. It's also helpful to drink two cups of fluids (about 16 ounces) about two hours before a workout.
5. Alcohol - Coffee and other caffeinated drinks do make you urinate more, but overall, they're hydrating because of their water content. Juices, sodas, and other sweet drinks also are hydrating. Water is usually a better choice for hydration because it doesn't have extra calories.
6. All of the above - How much fluid you need depends upon several things, including:
Age: Kids need plenty of fluids; they can get dehydrated much more easily than adults. Older people may need more fluids because of health conditions or because they tend to lose their sense of thirst.
Gender: Men need more fluids than women. (And pregnant women need more fluids than other women.)
Weight: Heavier people need more water.
Health: Conditions such as diabetes, cystic fibrosis, and kidney disease can boost your need for fluids.
7. 10 cups - You lose about 10 or more cups of water every day just living: breathing, sweating, urinating, etc. Eating and drinking usually make up for it.
8. Concentrated apple juice - An easy way to monitor your hydration level is to check the color of your urine. The darker your urine, the less hydrated you are. Drink enough fluids to keep your urine a lighter color. If your urine is clear or pale, chances are you are well hydrated.
9. True - Water could help with weight loss. Studies show that by drinking water, people tended to eat and drink fewer calories, probably because the water filled them up. As a result, they lost weight.
10. False - Sodium is something your body needs when you're trying to rehydrate, either during or after exercise. That's why sports drinks are often rich in sodium -- one of the "electrolytes" your body loses during exercise. Drinks and snacks with sodium also can trigger thirst and help you retain fluids. But too much salt can raise your blood pressure and worsen heart conditions in some people.
11. True - Your body has water in every cell, tissue, and organ. It helps move nutrients, get rid of waste, keep your temperature at the right level, lubricate and cushion joints, keep your skin moisturized, and lots of other things.
12. Thirst - is one of the first warning signals that you may be getting dehydrated. But don't rely on thirst alone. Other early signs are fatigue, flushed skin, faster breathing and pulse rate, and having trouble exercising. Later signs include weakness, dizziness, and labored breathing.
13. True - Water is usually enough to rehydrate, unless you're exercising really hard or for a long time. Athletes tend to replace only about half of the fluid lost when they drink water. Sports drinks may replace more lost fluids because athletes enjoy the taste.

Environment: You need more fluids in extreme weather conditions (especially hot, humid, or cold) and at high altitudes.