

# Practical Health Tips

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## Are You Drinking Enough Water?



### The Top 7 Healthiest Foods

Researchers at Tufts University in Boston have come up with a way to calculate the antioxidant properties of fruits and vegetables.

Antioxidants are believed to provide a protective effect against conditions such as heart disease and cancer, and to help retard the aging process.

In addition to the recommended five servings of fruits and vegetables each day, choose nutrient-rich sources such as these:

- Prunes
- Raisins
- Blueberries
- Blackberries
- Kale
- Strawberries
- Spinach

Source: Center for the Advancement of Health, Washington, D.C.

Water is often the most overlooked nutrient and yet it has been shown that people who don't drink enough water often feel lethargic, have headaches, muscle aches and cramps.

Often, the issue is that people don't know how much water they really need. If you're getting enough water, your urine should be almost clear in color, and you will probably be urinating quite frequently throughout the day.

Although many fruits and vegetables contain water, the best source is plain, fresh drinking water. Drinking pure water allows your body to flush out toxins without putting stress on your digestive systems.



Try to avoid sugary soft drinks and juices, canned or dry soups with high sodium, caffeinated coffee or tea, and alcoholic beverages. About 10 ounces of fresh squeezed juice is OK for your fluid intake, but stick mostly with water.

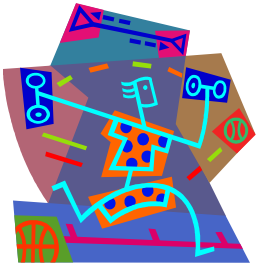
There are also occasions when drinking too much water can be a problem. For example, if you have any kidney or adrenal problems, or if you're taking anti-diuretics, you should consult with your doctor.

### So how much is enough?

A good rule to follow is to drink half your weight in "ounces" of water every day. So, if you weigh 160 pounds, you would benefit by drinking 80 ounces of water each day.

Try not to drink the majority of the water that you need per day in a single sitting! Divide it throughout the day, especially if you engage in exercise.

If you have a question or comment on this article, please email [judy@fitafter50.com](mailto:judy@fitafter50.com).



## Exercise: Let's start with the basics!

Walking, dancing, gardening, swimming and riding a bike are endurance exercises that benefit the heart, lungs and circulatory system. Strength exercises and weight training build muscles and improve bone density. Balance and flexibility training improves agility and decreases the rate of falls among older adults.

Most people benefit from a broad exercise program that includes exercises for endurance, strength training, flexibility and balance. Here's why:

- **Cardiovascular exercise**  
**What it's good for:** Improving cardiovascular health, lowering blood pressure, weight loss.  
**How often:** For maximum benefit, schedule a cardio workout four times a week for 30 minutes.
- **Strength training**  
**What it's good for:** Preventing osteoporosis, improving cardiovascular health and posture, increasing lean muscle which burns more calories, and building your overall strength to do everyday activities.  
**How often:** To see results, train each muscle group twice a week.
- **Flexibility**  
**What it's good for:** Maintaining flexibility is key to retaining the range of motion in your joints and your overall mobility. It's also a great way to relax and soothe aching muscles.  
**How often:** Twice a week. A good stretch after strength training sessions will work wonders!
- **Balance**  
**What it's good for:** Improving or maintaining balance will help you avoid falls that can cause serious and permanent injuries as we age.  
**How often:** Twice a week. You can train using balance as an "extra" to make an exercise more challenging and work both the muscle and your balance simultaneously.

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Phone 410.690.4567  
E-mail [judy@fitafter50.com](mailto:judy@fitafter50.com)

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