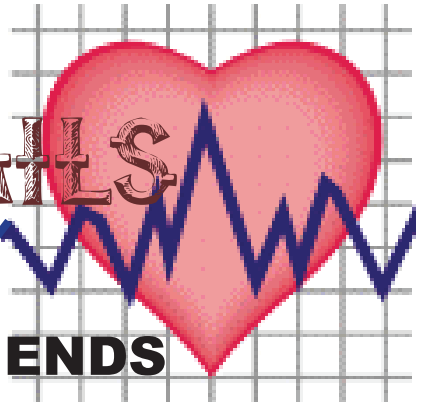


The information contained in this newsletter is not intended as a substitute for medical or nutrition advice. Please consult your physician or registered dietitian for any personal health or dietary issues.

# TREK TEN TRAILS

## The Nature of Health



Vol. 1 December 2011



### Water: Essential to Good Health

Susan Kane, MPT, SCS, ATC, CSCS  
Lakeland Regional Medical Center

Residents of Polk County are surrounded by water. There are approximately 38 named lakes in Lakeland alone, and over 500 lakes in Polk County. Some you may even see on your *Trek Ten Trails* hikes. So with all the water around, have you ever considered how much water you should be drinking each day to be healthy? Your body is made up of approximately 60% water so it is an important aspect of your overall health and well-being. It is also important to know some easy ways to check your hydration levels and remain well hydrated while staying active, like for example, while trekking the trails of this program.

There are many guidelines published on the proper amount of water each of us should consume on a daily basis. The most common one is eight 8-ounce glasses per day. That is roughly 1.9 liters. Although not strongly supported by research, it is close to the Institute of Medicine's newest recommendations of 10-13 cups (3 liters) for males and 9 cups (2.2 liters) for females. Another recommendation is half of your body weight in ounces, i.e. if you weigh 200 pounds, your requirement would be 100 ounces per day or 2.96 liters. This is again similar to the other measures and is an easy calculation for most people. The body weight calculation also takes into consideration that everyone is unique and most researchers support the idea that water intake is dependent on variables, including age, weight, gender, environment, and activity level. Obviously those more active and those in hot and humid

climates require more water intake. Women who are pregnant or breastfeeding also require more water. Short bouts of exercise, 15-30 minutes, require an increase of 1.5 to 2.5 cups with longer exercise sessions requiring more.

So where do we get all this water in a day? Your normal healthy food, especially fruits and vegetables contain about 20% of your total water intake. Having one to two glasses of water with each meal will account for another 24-48 ounces for the three meals. Keeping a water bottle handy at your workplace and while exercising allows for consistent consumption throughout the day. Many products are marketed to be stylish and convenient to have water accessible while exercising, including backpack like containers that hold water and disperse it through a tube or straw over your shoulder for hands-free drinking - very practical for hiking to allow you to take pictures, go geocaching, etc.

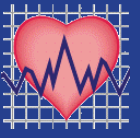
Finally, how do you know if you are getting enough water each day? The easiest indicator is inspecting your urine. It should be clear and relatively colorless. Thirst is a poor indicator of hydration because by the time you are thirsty, you are already dehydrated. If you are not currently well hydrated, your bladder may take some time getting used to the idea of increased fluids so make sure to plan your pit stops properly until your fluid levels balance out.

Overall, make drinking water a natural part of your entire day. Grab your bottle or backpack and hit the trails!



*Susan has 12 years of experience in physical therapy and athletic training, with a special focus on sports medicine. She has previously worked for both the University of South Florida and Florida Southern College, and has taught courses on orthopedic disabilities and rehabilitation at FSC and PSC Winter Haven.*

*Susan received a Bachelor of Science Degree in Sports Medicine with Athletic Training Focus from Mount Union College in Alliance, Ohio and a Masters in Physical Therapy from the University of Maryland. She is certified as a licensed physical therapist and licensed athletic trainer by the state and is Board Certified in Sports Physical Therapy. She is also a National Athletic Trainers' Association Board Certified Athletic Trainer and a National Strength and Conditioning Association Certified Strength and Conditioning Specialist. Recently, Susan received training as an oncology exercise specialist.*



## ARE YOU UP FOR THE CHALLENGE?

Watch for MAGNIFY Credit Union's BIGGEST LOSER - Starts in January!

### "SURPRISE" INCENTIVES PLANNED RANDOMLY FOR HOSTED HIKES!

Hint: Team Challenge for December **YOU MUST BE THERE!**

Polk County BoCC Employees vs. School Board Employees

Have an office, church or other team that would like to compete?

Send e-mail and team name to: [glendamink@polk-county.net](mailto:glendamink@polk-county.net)

December 17 ❤️ 9:00 AM  
Marshall Hampton Reserve



## Kids Corner

What Do You Know About HYDRATION?

Hydration means drinking enough water and dehydration means not getting enough water.

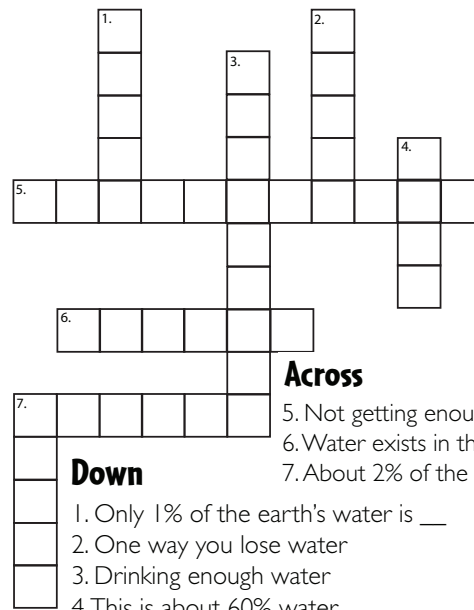
One way you lose water is by sweating. Although you might not know it, you sweat year round.

Water (H<sub>2</sub>O) is the most abundant molecule on earth's surface, constituting about 70% of the planet's surface. Water exists as a liquid, solid, and gas. About 2% of the earth's water is frozen, 97% salt water, 1% fresh water. There is more water on earth than there is land.

Your body is about 60% water and requires you to help keep it that way. If you haven't been drinking enough water, you can feel tired, cranky or stressed. You might even imagine that you're hungry, when the thing your body is actually craving is water.

The best ways to keep enough water in your body is to drink lots of water, milk, fruit juice, and eat watery foods like fruits and vegetables.

## 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

Puzzle answer: [www.friendsoftheparks.net](http://www.friendsoftheparks.net)



## GEOCACHING Fun

So, exactly what do all those iconic symbols on Trek Ten Trails Factsheets mean? Attributes simply tell you what to expect at a cache location. There are several categories of attributes on our TTT Factsheets: Permissions (what is allowed / not allowed), Hazards, Conditions, and Facilities.

Avid geocachers are familiar with a much more extensive listing of attributes, such as Equipment (what is required or not required), and Specials (Partnership Cache or Lost and Found Tour) on cache pages at [www.geocaching.com](http://www.geocaching.com).

Go there now and create a FREE account. Log your Trek Ten hikes and find lots more. It's a great way to explore America - and the world!

Visit [www.geocaching.com](http://www.geocaching.com) to begin.



## Marshall Hampton Reserve December 17, 2011

Marshall Hampton Reserve (1,173 acres) was acquired by the Southwest Florida Water Management District in 2008. The Polk County Environmental Lands Program entered into a management agreement with the District in 2010 to oversee management of the property. Acquisition of this property protects a significant amount of shoreline and floodplain swamp on the edge of Lake Hancock. Lake Hancock is often referred to as the headwaters of the Peace River. The property was opened to public recreation November 1 of this year.

HIKING -Before trekking the trails, trekkers should take a couple of steps to have a safe and fun experience. Always take a trail map, beware of the time of day, the trails are long and there are no short cuts out of the trails once you start down a trail. Benches are scattered along the hammock trail and can be used as resting areas. Mosquitoes are abundant and you should definitely take plenty of drinking water. **STAY HYDRATED!**



[www.magnify.org](http://www.magnify.org)



## Financial WELLNESS in Just 10 Steps

1. **Stick to a budget.** Focus on long-term stability, rather than short-term fun.
2. **Pay off debt.** Commit to paying bills on time, every month.
3. **Invest in yourself.** If you are investing in your future, debt is not necessarily bad.
4. **Plan purchases.** A college education, a house, and a car are large purchases that must be planned wisely.
5. **Take a class.** Learn basic financial management and read financial publications on investing and savings. Talk to a counselor if you need extra help with financial issues.
6. **Look for a deal.** When borrowing, take the time to look for the lowest interest rate and fees. When saving, look for the highest return on your investment.
7. **Plan for the unexpected.** Put away money for an emergency.
8. **Know your credit score.** Establish a history of good credit early, and you'll always get the best rate when you need to borrow money.
9. **Build goals.** Set goals for yourself when it comes to saving and paying down debt.
10. **Review progress.** Every 6 months, look at your debt and savings. Reassess your plans and goals.



[www.friendsoftheparks.net](http://www.friendsoftheparks.net)