“Ask LJ” Tip of the Week:
“How Much Water Do You Need?”

How can you know if you’re getting enough water to keep your metabolism cranking at peak efficiency and your digestive system functioning? The formula used to be “one size fits all” is eight 8 ounce glasses of water a day but experts are saying that has changed. Variables like your height and weight come into play as well as your activity level and location. Here are some examples of variables:

- If you weigh 150 lbs you should probably consume 75 to 150 ounces of water per day. Let’s say that you are living in a hot climate and exercise a lot you would be on the higher end of that range and a cooler climate and/or less activity would adjust your need to be more on the lower side.

A good way to check how you are doing is simply examine the color of your urine when you go to the bathroom and a clearer or light yellow coloration is typically an indication of good hydration and darker and more “aromatic” urine is a sign of dehydration.

- Carry an insulated water bottle and keep it filled
- Keep a glass of water on your desk at work and on your nightstand
- Switch one of your choices of a soda or coffee for….H2O!

“Brad’s Featured Fitness Extra’s”
Jennifer Cooper Weatherford, CRTS
WHERE: Texas Regional Para Sport Facebook

“FUNCTIONAL FITNESS WITH JEN”
MONDAY 0900PDT/1200EDT
Super fun workout combining 30 minutes of strength & cardio with 30 minutes of yoga, core, stretch and breathing to challenge and encourage all levels...do it with your friends and family!