

by Chris Reabel

# hydrate effectively

## + shift your FITNESS into HIGH GEAR

Summer is finally here, and with this glorious weather in the Nation's Capital, we are likely becoming more active and working towards better fitness and health. The most important thing that we can do to get our eager, healthful bodies into better shape, and optimize glowing and radiant health is by staying hydrated.

Water is the most important nutrient for our bodies; second to the air we breathe. Our bodies are composed of up to 60 to 70% of water; we as humans can exist a couple weeks without food, but only a couple days without water. It is the one nutrient that will do more for us than any other, in terms of shifting our health, fitness and wellness into high gear. We consume water everyday, it is everywhere, and comes to us in many shapes and forms. It is a shape shifter, a cleanser, and a powerhouse of living life to the fullest.

### Functions of Water:

- Hydration: maintenance of optimal levels of water for health.

- Transportation: of oxygen, bodily fluids and proteins
- Temperature regulation: Used to create sweat and lower body temperature
- Lubrication: used to create saliva to assist in digestive process of foods
- Solvent: used to dissolve solutes such as sodium (salt), glucose (sugar) and potassium in blood.

Despite its prevalence, and the prevailing knowledge and research shows that more water (2-3 litres of water or 30 ml of water per kilogram of your bodyweight per day) to stay hydrated, many remain dehydrated. Dehydration is the leading nutritional deficiency in North America.

We are commonly deficient in water, despite that many of us carry water bottles with us wherever we go. Simply drinking the recommended amounts of water daily (which is usually geared towards more sedentary living) misses many useful points on how the body utilizes and absorbs water. Water is more rapidly absorbed into the bloodstream from the digestive tract and into your cells with the

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aid of various nutrients; many of which are lacking in regular water.

Are you a coffee drinker or enjoy the occasional glass of wine? If so, for every eight ounces of dehydrating beverage you drink (coffee, tea, wine, soft drink, fruit juice) you need to hydrate with 12 ounces of water.

## Tips to Stay Hydrated

Use salt, natural sugars and minerals in combination with the water we drink.

**Salt:** is a powerful nutrient and when its pure and unrefined (Himalayan or Celtic Salt) delivers as many as 92 trace elements and minerals essential for optimal health. Adding salt to your water changes the electrolyte or sticky nature of water, helping it linger in the body's tissues. This is especially important when engaging in physical activities; when we perspire (sweat); we lose not only water but also electrolytes such as salt. It is imperative to replenish them while supporting rapid water absorption, ensuring proper hydration.

**Coconut Water:** is an electrolyte-enriched liquid that comes from the centre of a coconut. It is abundant with potassium and natural sugars that ensure a thorough hydration of cells. Many of us deplete our potassium

levels with vigorous activities so coconut water is great for after a workout either by drinking it straight or by using it in various shakes or smoothies.

**Water-rich foods:** eating a variety of fresh plant-based foods can also deliver nutrient-rich hydration and can add some great nutrients into a smoothie. Examples of these foods include leafy greens, spinach, celery, asparagus, red leaf lettuce, arugula, kale and more.

## Green Smoothie for before or after workout

### Ingredients:

- 1 cup chilled green tea
- 1 cup loosely packed well-rinsed of your favourite herb (such as cilantro, basil or parsley)
- 1 cup loosely packed leafy greens and reds (spinach, lettuce, kale, etc)
- 1, 6" piece of a cucumber
- 1 cup strawberries washed and hulled
- Juice of 1 lemon
- 1 Tbsp of freshly peeled ginger root
- ½ avocado

Place all ingredients in a high-speed blender and process until smooth. ☯

Chris specializes in empowering, motivating and enriching people to live their best life to the fullest through working hard, training hard and playing hard.