

Winter Weather Safety

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The Importance of Hydration and Winter Activities



Trying to attain a comfortable body temperature during the winter is one of the hardest things to achieve. You are too hot from all the layers you have packed on, but attempt to take one off and you find yourself freezing to death. While trying to find the magic balance between cold and hot, we often disregard the importance of taking the necessary precautions to ensure proper health and safety during winter months. One of the precautions most often overlooked is proper hydration.

We are definitely not as inclined to intake fluids during the winter as during the hot summer months, because we do not appear to be as active and we are not exposed to extreme heat. However, contrary to popular

belief it remains just as vital to keep properly hydrated. In the winter we lose fluids in different ways, starting with the silly little nuisance of having to go to the bathroom every time we get cold. The extra fluid loss causes a decrease in plasma volume, thickens the blood, and causes a decrease in blood flow and therefore heat delivery to the extremities, such as the hands and feet, increasing the risk of frostbite.

By keeping yourself properly hydrated you also do yourself the favor of flushing out the toxins that potentially could cause a nasty cold or the flu.

Some symptoms of dehydration include fatigue, dizziness, and headaches. To avoid dehydration you should drink at least 8 cups of fluids daily. In the wintertime, hot drinks like hot



chocolate, coffee and tea are ideal treats. You have to remember though that drinks that contain caffeine, which is a diuretic, actually work to eliminate fluid found in the body. If you drink a lot of caffeinated beverages, drink more water in addition to replenish your fluid levels. NEVER wait to drink something until you are thirsty, because the "thirst mechanism" only kicks in after dehydration has set in.

Symptoms of Dehydration:

- _____
- Lethargy
- _____
- Fatigue
- _____
- Cramping in arms or legs
- _____
- Headaches
- _____
- Lack of focus, Dizziness
- _____
- Dry skin or lips
- _____
- Reduced amounts of urine with a dark yellow coloring



Did you know our:

- bones are 22% water.
- muscles are 75% water.
- blood is 83% water.
- lungs are 93% water.
- brains are 95% water.
- body is 96% water.

"Tricks of the Trade" to Having Perfect ...



There are two things that are truly amazing about sweet little Cupid: 1) managing not to poke someone in the eye with one of his arrows; 2) managing to keep that perfect, ruby red smile on his face, despite the arctic season he got stuck to work with. I don't know about you, but when I try to crack a smile during the winter I literally crack a smile – all courtesy of chapped lips... So how to remedy the situation in preparation for Valentines Day and the spring ahead?

For starters, don't **lick the problem...** Licking your lips is the worst thing you can do because it increases chapping. Another common problem is that *lip lickers* also tend to be *lip biters*. By biting your lips you remove the protective layer of skin that helps keep moisture in.

Water those dry cells... drinking lots of water not only keeps you from dehydration, it also replenishes the moisture in your lips to keep them from chapping in the cold. As you age, your

cells' ability to retain moisture decreases, which means that it takes more water to keep them moist.

Moisturize the atmosphere... Keeping a humidifier around during the winter also helps to counteract not only winter dryness but also the chapping effects of those bitter cold winter winds.

And never forget... For extra soft protection, **pamper your lips with a good lip balm.**

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