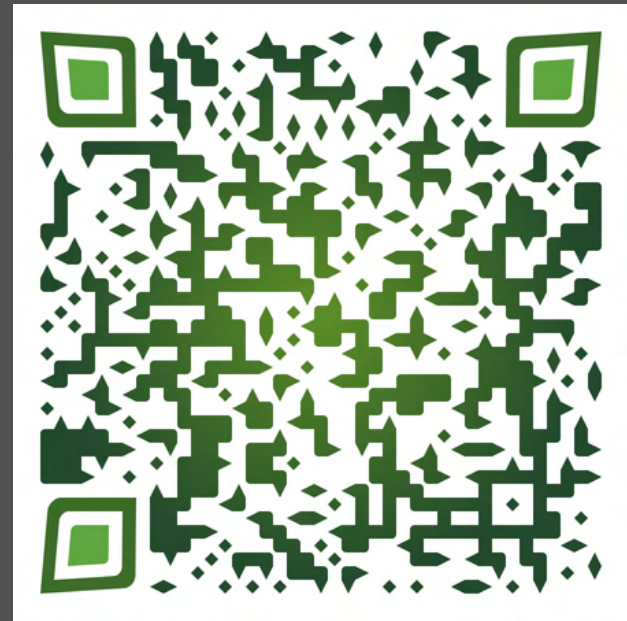


# THE INDUSTRIAL ATHLETE DIGEST

Weekly Wellness & Safety Tips from Work Right NW VOLUME 9 | ISSUE 3



## EAT TO HYDRATE

BY STEVE LIMBRUNNER, ATC

If you're like me, staying hydrated can be a boring and repetitive process. The constant need to drink some high-quality H2O feels like maintenance work for our bodies. Trips to the water cooler. Trips to the bathroom. Repeat. What if I told you... there are more ways to hydrate than just drinking water?

### WHAT'S ALL THIS WATER DOING FOR ME ANYWAY?

For industrial athletes, long shifts take a toll on our bodies. Proper hydration keeps you energized and aids in discomfort. Water intake throughout your workday can make substantial differences for improving your overall health and performance. Staying hydrated gives many benefits including: body waste removal through urination, perspiration, regular bowel movements, temperature regulation, and joint lubrication.



### HOW MUCH WATER DOES THE INDUSTRIAL ATHLETE NEED?

There is no cookie cutter number for the amount of water a person should drink each day. This number depends on several factors specific to each individual like body type, weight, and level of activity. On average, however, men should drink 15 cups of fluids a day and women should drink about 11 cups each day. Being an industrial athlete typically requires a higher than average water intake.



11 CUPS



15 CUPS

### SO WHAT ARE GOOD SUBSTITUTES?



**Strawberries** - 92% water. 1 cup yields more than 100% of your daily dose of vitamin C and 3g of fiber.



**Peaches** - 88% water and has a significant source of potassium.



**Apples** - 84% water and has excellent source of antioxidants that support brain and heart health.



**Bell Peppers** - 92% water. Rich in fiber and potassium. Red and orange peppers have vitamin C.

### WANT TO READ MORE? SCAN THE QR!

Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialists in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time.



Other alternatives include: tomatoes, zucchini, lettuce, watermelon, cantaloupe, and celery.



Other beverages can help with hydration (in moderation): tea, coffee, and coconut water.