

FEBRUARY NEWSLETTER

GSHC WELLNESS COMMITTEE

GSHC WATER CHALLENGE

Join the Wellness Committee in our first ever “Lifestyle Challenge” by increasing your water intake during the month of February.

The objective of this challenge is to increase your daily water consumption to 2L of water a day (approximately 8-9 glasses).

This challenge will be a breeze, all you will need is

- A reusable water bottle
- Water Source (fountain/tap)
- Positive attitude



IN THIS ISSUE

GSHC WATER CHALLENGE

WHY DRINKING WATER
IS IMPOARTANT!

INFUSED WATERS

SIGNS OF DEHYDRATION

STAY TUNED

WHY IS WATER IMPORTANT!

Looking at the water challenge, you may be thinking why should I increase my daily water intake? In order for our cells and organs to function properly, our body requires water. During an average day, most of us lose water faster than it can be replenished. We lose water through sweating, urination and even breathing. Lack of water can have minimum to severe effects on our body and can effect:

Kidneys: Water is essential for the kidneys to function. Lack of water to be filtered through the kidneys can lead to UTI's (Urinary Tract Infections), Kidney Stones and in some cases Kidney disease.

Blood Pressure: Our blood is made up of 90% water. When your water consumption is low, blood can become thicker and can increase your blood pressure.

Asthma/Allergies: When dehydrated the human body restricts airways in an effort to minimize water loss, potentially making allergies and asthma symptoms worse.

Skin: Tissue can become more vulnerable to disorders and premature wrinkling.

Joint Pain: Cartilage (found in our joints and the disks of the spine) can become more susceptible to regular wear and tear if dehydration is ongoing; leading to joint pain.

Digestion: Lack of water can cause digestive problems, heart burn, constipation and ongoing dehydration may lead to stomach ulcers.

SIGNS OF DEHYDRATION

Dehydration occurs when our bodies lose water faster than it can be replenished. If we don't take the time to ensure we are hydrated, we are at risk of becoming dehydrated.

Here a few symptoms of dehydration:

- Extreme thirst
- Less frequent urination
- Dark-colored urine
- Fatigue
- Dizziness
- Confusion

Sometimes we get dehydrated for one simple reason, we are busy. That is why the Wellness Group chose the Water Challenge as our first ever Lifestyle Challenge. Whether in the GSHC Office or out in the field, we all get caught up in the hustle and bustle of work, and forget to keep ourselves hydrated. February will be focused on ensuring that we put our bodies first by keeping them hydrated. Feel free to do your own research and take this first challenge head on.



INFUSED WATERS

Infused water is when you immerse fresh fruit or herbs to give water a gentle flavor without adding the sugars or calories or greatly altering the composition of the water. Examples of fun ways to freshen the taste of your water are:

Strawberry, Lemon and Basil

Orange and Blueberry

Watermelon and Mint.

Citrus and Cucumber

Strawberry, Lime and Cucumber.

Citrus and Cilantro

Rosemary and Grapefruit

Raspberry, Rose Petal and Vanilla

Have fun with your water!

STAY TUNED

We hope we got all of you excited about participating in our first ever water challenge. Please keep us updated on your journey. We want to hear about your success ,as well as any challenges you may face.

Please feel free to share any ideas for any lifestyle challenges you may want to introduce. Help us champion health and wellness in our work place!