

Water may be the farthest thing from your mind when you're busy. But not drinking enough of the clear stuff can have dire consequences - even for your waistline! Dehydration can slow your metabolism by three percent. For someone who weighs 150 pounds, that amounts to 45 fewer calories burned each day. Even though this may not sound like a lot, think in the long term. Those extra 45 calories a day equal to one tablespoon of pancake syrup and can prevent your body from burning almost 5 pounds of fat a year. It adds up! Few people drink as much water as they should. If you feel thirsty, you're already dehydrated. So don't rely on your body to tell you when to drink. Instead, drink water on a regular basis. Keep a large water bottle at your desk, and take generous sips frequently. Drink a tall glass of water before and after your workout, at your lunch break and before dinner. *(LifeScript)*

SWEATING is your body's way of releasing excess body heat to maintain an ideal core temperature of 98.6 degrees Fahrenheit. When you exercise or are exposed to the elements on a hot day, your body will release sweat through the millions of sweat glands located all over your skin, which will then evaporate, releasing the heat into the environment and cooling your body down. But what happens when you're sweating so hard that you start dripping with sweat? Dripping sweat is not a good sign, and in fact is a clue that you need to slow down and cool down. When sweat drips evaporation ceases to occur, which means that the excess heat your body is trying so hard to get rid of is not actually being released. Your body can only do so much to regulate its own internal temperatures, which means you have to be conscious of your body heat and rate of sweat production. If you're exercising so hard that you're dripping with sweat, make sure you wipe it off with a dry towel as much as you can to allow for evaporation. If it's really hot or humid outside, consider taking your workout inside to avoid problems with heat. And don't forget to replace lost fluids. You can lose 1-2 liters of sweat per hour in high-temperature conditions, which means that you need to replace those fluids. Drink plenty of water and use a high-quality sports drink, like Gatorade, if you're going to be exercising or exposed to high-temperatures for more than 90 minutes. *(LifeScript)*

And remember as the temperature changes you need time to let your body adjust to the change. And exercise should **not be painful!** At the height of your workout, you should be sweating and breathing hard. You should not be so out of breath that you cannot answer a question. That's how you know you are working at a good level. And it's important to distinguish between muscle fatigue (feeling "the burn") and muscle/joint pain (sharp and uncomfortable pain during movement). Pain is your body's way of telling you that you're doing something wrong. Listen to your body. If it's painful, stop!