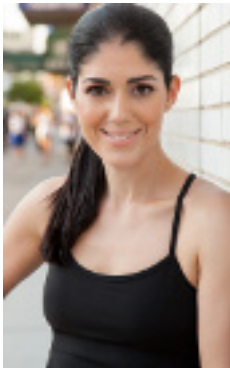


## Surprising Facts About Dehydration

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(HealthNewsDigest.com) - A huge misconception about dehydration is the way one identifies it. Most people think that if they drink when they feel thirsty, they can avoid becoming dehydrated. According to **Franci Cohen, personal trainer, exercise physiologist, and certified nutritionist** nothing could be farther from the truth. "The fact is that by the time one feels thirst, he or she may already be significantly dehydrated. A better barometer is the color of your urine. The darker the urine, the more dehydrated the body is."

Our bodies are comprised of 60% water and that water is essential to every cell, tissue and organ in the body. The body uses water to regulate internal body temperature, lubricate joints, maintain muscle integrity and help ease other bodily functions. On a daily basis, the body loses water through respiration, perspiration, urination and even during digestion. And so, it's essential to continuously replenish that loss by drinking water and eating foods with high water content. Franci Cohen stresses that, "The body is at risk for some serious medical conditions if the water loss content is not replaced." ACSM (American College of Sports Medicine) recommends 16 to 20 ounces of water at least four hours before exercise, and then another 3 to 8 ounces every 15 minutes during exercise (especially in hot temperatures).

**Before you resign yourself to just water, water, water, Franci has some other enlightening suggestions for keeping your hydration levels in check:**

**Celery** - this crunchy snack is full of water, rich in fiber and has potassium, which helps the body retain the water.

**Cucumbers** - this green veggie is the number one of all fruits and vegetables when it comes to water content. It also has vitamin K.

**Skim Milk** - that's right; it does the body more than good - it hydrates it! Its natural balance of sodium, carbohydrates and protein helps the body retain fluid.

**Coconut water**-rich in potassium, it imparts natural sweetness eliminating the need for added sugars.

**Watermelon Water**-a recent industry fave that boasts electrolyte enhanced watermelon water, with a refreshing fresh lemon twist. Watermelon is known to be high on salt, calcium, and magnesium which is a definite plus both pre and post exercise.

**Signs the body is severely dehydrated:**

- Extreme thirst
- Little or no urination
- Low blood pressure
- Sunken eyes
- Rapid heart rate and breathing
- Fever
- In extreme cases, delirium or fainting

**Francicohen.com**

Franci Cohen is a personal trainer, exercise physiologist, and certified nutritionist with a double master's degree in nutrition and exercise physiology. She is the CEO of Fuel Fitness NY, and the creator of SPIDERBANDS®. Centered around suspension and aerial concepts, this unique hybrid fitness modality is a total-body cardio resistance workout that leverages gravity and your bodyweight with other intense exercise modules such as rebounding, kickboxing and indoor cycling.

With over 18 years of experience, Franci has been a mainstay in the fitness and nutrition industries. Franci believes in a tough love approach to fitness and health. "We all have our fitness wake-up call at some point in our lives and it can be a powerful catalyst for change," says Franci. "Unfortunately, many people overcompensate and try to change everything at once, which is a disaster. Making lasting change involves going through stages that aren't necessarily linear. People fluctuate and transition between the stages. Knowing how to move through them can get you where you want to be."

**Education:**

- Triple Bachelors Degree
- Masters in Nutrition
- Masters in Exercise Physiology

**Certifications:**

- Nutritionist
- Group Exercise Instructor
- Group Fitness Specialist
- Personal Trainer
- Lifeguard/Professional Rescuer
- Indoor Cycling Instructor

**Certifying Institutions**

- Academy of Nutrition and Dietetics (A.N.D.)
- American College of Sports Medicine
- National Academy of Sports Medicine
- American Council on Exercise (ACE)
- American Fitness Association of American (AFAA)
- Mad Dog Athletics
- American Red Cross