



your source of

well-being at work

The Danone Springs of Eden newsletter for the promotion of healthy habits at work

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Water & Dieting

Drinking water is important for weight loss

Water is important to every body, and especially for those who are trying to loose weight by dieting:

- When dieting, initial weight loss is largely due to a loss of water, and you need to drink an adequate amount of water in order to avoid dehydration.
- The process of burning calories requires an adequate supply of water in order to function efficiently; dehydration slows down the fat-burning process.
- Burning calories creates toxins (think of the exhaust coming out of your car), and water plays a vital role in flushing them out of your body.
- Dehydration causes a reduction in blood volume; a reduction in blood volume causes a reduction in the supply of oxygen to your muscles; and a reduction in the supply of oxygen to your muscles can make you feel tired.

- Water helps maintain muscle tone by assisting muscles in their ability to contract, and it lubricates your joints. Proper hydration can help reduce muscle and joint soreness when exercising.
- A healthy (weight loss) diet includes a good amount of fibre. But while fibre is normally helpful to your digestive system, without adequate fluids it can cause constipation instead of helping to eliminate it.
- Drinking water with a meal may make you feel full sooner and therefore satisfied eating less. Note, however, that drinking water alone may not have this effect. In order to feel satiated (not hungry), our bodies need bulk, calories and nutrients.

How much water you actually need depends on your weight, level of activity, the temperature and humidity of your environment, and your



diet. Your diet makes a difference because if you eat plenty of water-dense foods like fruits and vegetables your need to drink water will be diminished.

Drinking other liquids can also provide your body with a source of water, but note that diuretics

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Water Survey

“Are you drinking at work?”



A survey conducted by Healthworks Corporate was design to investigate employee drinking habits while at work. The questionnaire was sent to human resource managers from small to large organizations in industries from manufacturing, construction, transport, high-tech,

finance, property, government, media and retail.

The results of the survey showed that while most people are aware of the importance of good hydration, the majority don't drink as much

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cause your body to expel water. Diuretics include caffeinated drinks (coffee, tea and soda) and alcohol. When drinking diuretics, you need to drink more water to compensate. When drinking alcohol, it is advisable to drink water along with it, as well as before and afterward, to help eliminate a hangover headache and feeling of tiredness.

Do not worry that drinking water will give your body a bloated look. There are a number of causes of water retention, including consuming too much salt. But drinking water is not one of them!

Source: Peter Christiansen
www.caloriesperhour.com

Water Survey

"Are you drinking at work?"

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as they should. Specifically, the report indicated:

86% of respondents believe that they should be drinking five or more glasses of water a day, yet only 13% actually are.

46% of respondents are drinking only one or two glasses of water a day at work.

64% of companies reported that men don't drink as much water at work as women; instead they turn to tea, coffee and soft drinks; they also tend to be less health conscious than women, and not as aware of the health benefits of drinking water.

"The number one trigger for daytime fatigue

is lack of water," says Ken Buckley, Director of Healthworks Corporate. "2% loss of body water brings on symptoms of dehydration which includes increased heart rate, and affects motor control, decision making and concentration."

"Drinking seven to eight glasses of water a day is ideal and while 53% of respondents agree, it's not being put into practice in the workplace," says Buckley.

Convenience was cited as a major factor in reminding people to drink water regularly, with companies that provide their employees with a water solution reporting higher consumption.

Sources: Healthworks Corporate

Saving our Water World Water Day

March 22 is World Water Day, an international day of observance and action organized by the United Nations to draw attention to the plight of the more than 1 billion people world wide that lack access to clean, safe drinking water.

While still a relatively unknown event, the UN hopes to establish the date as a day where everyone pauses to reflect on the impact of the world water crisis and takes small but meaningful actions to make a difference.

What can you do? Think about the following ways you can help guard one of the earth's most precious resources:

- Turn off the tap while brushing your teeth, shaving, etc.; a running tap can waste up to 17 litres of water per minute!
- Check for leaks – leaking taps or running toilets can waste more than 200 litres of

water a month! If necessary, call a plumber.

- If renovating or buying new appliances, invest in water-efficient models, such as water-saving showerhead, dual-flush toilet, water economizing dishwasher and washing machine, etc.
- Use a dishwasher – the machine consumes much less (as little as 11 litres) than washing up using running tap water (as much as 50 litres); and remember to run the machine only when it is full!
- Take a shower instead of a bath – the average shower consumes 50 litres of water, while a bath uses 200 litres.
- Collect rainwater – if you have garden, a rainwater tank is ideal for watering the lawn and flowers, and can be used for washing the car, garden furniture, patio, etc.
- Don't use the hose as a broom – use a broom!



Did you know...

...that one toilet flush uses as much water as a whole day's washing, cleaning, cooking and drinking for an average person in the developing world?

COMING UP IN THE NEXT ISSUE

Office Athletics – working it at work!

Can exercise make you smarter?

Well-being at Work

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The information in this publication does not provide medical advice for individual problems. For advice and treatment, consult your doctor or health care professional.

Eden water - your source of well-being at work



Energy

Health

Balance

Creativity

Focus