



# To Your HEALTH



WELCOA'S ONLINE GENERAL WELLNESS BULLETIN

## Calories Burned During Exercise

Activity	Calories/Hr
Bicycling 6 mph	240
Bicycling 12 mph	410
Cross-country skiing	700
Jogging 5½ mph	740
Jogging 7 mph	920
Jumping rope	750
Running in place	650
Running 10 mph	1,280
Swimming 25 yds/min.	275
Swimming 50 yds/min.	500
Tennis-singles	400
Walking 2 mph	240
Walking 3 mph	320
Walking 4½ mph	440



## DRINK TO: YOUR HEALTH

If you're like most Americans, you're probably not getting nearly enough water during the course of your day. In fact, only one in five Americans meets the "eight a day" recommendation, and one in ten Americans don't drink any water at all.

Proper hydration is key to a safe and effective workout. A good workout can easily leave you dehydrated, which is not only dangerous to your health, but could also ruin your workout. Proper hydration is important to your body's ability to maintain a safe temperature, effectively pump blood to your muscles, burn calories and fat, as well as cleanse your body of toxins that have accumulated during your workout.

### Drink Up

The following tips will help you stay healthy and well during your exercise routine.

**Before Exercise:** Drink 8 to 16 oz. of fluid two hours before exercise to make sure you are well hydrated. Then drink another 4 to 8 oz. immediately before exercise.

**During Exercise:** Drink 4 to 8 oz. every 20 minutes during exercise. Your body needs to replenish the water it's sweating out to remain cool. Try to schedule water breaks during your workout. If you need to, use a water bottle or hydration backpack.

**After Exercise:** Drink enough water to replace the fluids you lost during your workout. How much is that you ask? Weigh yourself before and after your workout; for every pound you lost while exercising, drink two cups of water.

