



**ICON Performance Professional Sports, Fitness & Rehab Consultants**  
Dietary Regimen - Appendix C  
Water Intake

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**Water, Water Everywhere**

In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger

Even MILD dehydration will slow down one's metabolism as much as 3%

One glass of water shuts down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study

Lack of water is the #1 trigger of daytime fatigue

Preliminary research indicates that 8-10 glasses of water a day could significantly decrease back and joint pain for up to 80% of sufferers

A mere 2% drop in body water can trigger fuzzy short term memory, trouble with basic math, and difficulty focusing on a computer screen or on a printed page

Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer

Athletes should drink one ounce per pound of bodyweight every day  
Non-athletes should drink a half-ounce per pound of bodyweight every day

**Find out exactly what you need!**

Water is a fundamental part of our lives. It is easy to forget how completely we depend on it. Human survival is dependent on water - water has been ranked by experts as second only to oxygen as essential for life. The water you drink literally becomes you! Since such a large percentage of our bodies is water, water must obviously figure heavily in how our bodies function. We need lots of fresh water to stay healthy. Aside from aiding in digestion and absorption of food, water regulates body temperature, carries nutrients and oxygen to cells, and removes toxins and other wastes. This "body water" also cushions joints and protects tissues and organs, including the spinal cord, from shock and damage. Conversely, lack of water (Dehydration) can be the cause of many ailments.

**Water and Weight loss**

Among its other benefits, water plays a major part in weight loss. Since water contains no calories, it can serve as an appetite suppressant, and helps the body metabolize stored fat, it may possibly be one of the most significant factors in losing weight.

Drinking more water helps to reduce water retention by stimulating your kidneys. Studies have recommended that if you are overweight according to average height and weight comparison charts, you should add one glass of water to your daily requirement (of eight glasses) for every 25 pounds over your recommended weight.

Dehydration leads to excess body fat, poor muscle tone & size, decreased digestive efficiency & organ function, increased toxicity, joint & muscle soreness, & water retention. Water works to keep muscles and skin toned.

### **Digestive Systems**

The digestion of solid foods depends on the presence of copious amounts of water. Constipation is a frequent symptom of dehydration. Increased water, along with increased fiber, will usually totally eliminate a problem. Pain from ulcers and heartburn all decrease with increased water intake. Water eliminates toxins and water from the body.

### **Water Loss**

Adults lose nearly 6 pints (12 cups) of water every day. We lose 1/2 cup to 1 cup a day from the soles of our feet. Another 2 to 4 cups is lost from breathing. Perspiration accounts for another 2 cups. Another 3 pints (6 cups) are lost in urine.

### **Water Retention**

If you're not drinking sufficient water, your body starts retaining water to compensate for this shortage. To eliminate fluid retention, drink more water, not less. If you don't drink enough water to maintain your body's fluid balance, you can impair every aspect of your body's physiological function.

### **Joints**

Water lubricates our joints. The cartilage tissues found at the ends of long bones and between the vertebrae of the spine hold a lot of water, which serves as a lubricant during the movement of the joint. Joint pain frequently decreases with increased water intake and flexing exercises to bring more circulation to the joints.

### **Back**

75% of the upper body weight is supported by the water volume that is stored in the spinal disc core. 25% is supported by the fibrous materials around the disc. Back pain is frequently alleviated with hydration.

How much water should you drink?

A non active person needs a half ounce of water per pound of body weight per day. That is ten 8 ounce glasses a day if your weight is 160 pounds. For every 25 pounds you exceed your ideal weight, increase it by one 8 ounce glass. An active, athletic person needs  $\frac{2}{3}$  ounce per pound which is 13-14 8 ounce glasses a day if you're 160 pounds. The more you exercise the more water you need. Spread out your water intake throughout the day. Do not drink more than 4 glasses within any given hour. After a few weeks your bladder calms down and you will urinate less frequently, but in larger amounts.

1 cup = 8 oz

4 cups per quart = 32 oz

4 quarts per gallon = 128 oz

2 gallons = 256 oz

Do the math...

Are you drinking the amount of water you should each day?