



# discover™

## HEALTH

### Healthy Tips

#### 1) How much water should you drink each day to stay healthy?

The easiest way to determine the *bare minimum* amount is to take your weight and divide that number in half. The result is the number of ounces you should drink each day just to perform everyday activities like reading, cooking dinner, or breathing.

For example, if you weigh 100 pounds, then you should drink a minimum of 50 ounces of water each day. That is equivalent to 6.25 cups of water (a cup of water is equivalent to 8 ounces).

If you are working out or being outside for a few hours, you will need to drink more water so that you do not get dehydrated. If you are thirsty or have a dry mouth, this is a sign that you are already dehydrated! This means your body's cells are already being affected by the lack of water in your system. Other signs of dehydration include headaches, dizziness, lethargy (being tired), and unable to focus. Check the color of your pee to help you decide if you need more water: <http://health.clevelandclinic.org/2013/10/what-the-color-of-your-urine-says-about-you-infographic/>

#### 2) Can you limit the amount of sleeping, sitting, and relaxing to only 23 ½ hours each day?

Studies have shown that the best thing you can do for your health is to limit sleeping, sitting, and other daily activities to only 23 ½ hours each day. The other ½ hour you should walk. By walking 30 minutes each day a person decreases their risk of premature death. In addition, walking 30 minutes each day can aid in losing weight, preventing weight gain, lower “bad” cholesterol, increase “good” cholesterol, lower blood pressure, increase energy, and improve bone strength just to name a few. For more information see:

23 and 1/2 hours: What is the single best thing we can do for our health?

By: DocMikeEvans

<http://www.youtube.com/watch?v=aUalnS6HIGo>

My Heart. My Life.

American Heart Association

[http://www.startwalkingnow.org/res\\_walkmore\\_walking101.jsp](http://www.startwalkingnow.org/res_walkmore_walking101.jsp)

3) Can an apple a day keep the doctor away?

By increasing your diet with one apple, you can reduce your risk of premature death. That means replace an unhealthy snack, like potato chips, with an apple. This will make you healthier and not needing to see the doctor as often. Nonetheless, everyone should see his or her doctor for an annual check-up. Everyone should be eating at least two fruits each day and 2 ½ servings of vegetables each day. A serving is about one cup.

For example: Have a banana with your cereal for breakfast; have carrots and snap peas as an afternoon snack; have a salad at dinner; and have an apple for dessert. See it really isn't that difficult to eat the right amount of healthy fruits and vegetables in your diet.

USDA Choose My Plate: <http://www.choosemyplate.gov>