

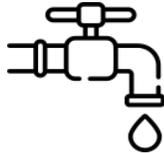


# ChallengeME MONTHLY MINUTE

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Monthly topic:

## Hydration



### Replacing Sweat Losses

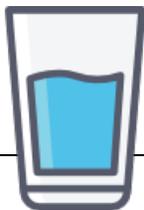
Calculate your hourly sweat rate with this formula:

$16 \times [(Starting\ Weight\ lbs) - (Weight\ lbs\ after\ 1\text{-}hour\ exercise)] + [fluids\ consumed\ during\ oz] = sweat\ loss\ in\ ounces\ per\ hour.$

As an example, say my pre-exercise weight is 161 pounds and my post-exercise weight is 160 pounds. I also consumed 8 ounces of fluid during my hour of exercise. The calculation and results would look like this:

$16 \times [(161\ lbs) - (160)] + [8] = sweat\ loss\ of\ 24\ ounces\ per\ hour.$

Sweat loss does not need to be replenished one to one. Your sweat rate should be used as an indicator of whether your water intake during a workout is low or high and if you need to adjust your water intake during your next workout.



## Dehydration: Effects on Your Body

- You may feel cranky, anxious, tired, dizzy, confused, or have difficulty remembering
- Fluid levels in the brain lower, affecting mood, memory, and coordination
- Shrunken blood vessels in the brain or reduced serotonin levels may cause headache
- As your blood loses water, your heart works harder to move thicker blood around your body
- Your heart rate decreases to maintain blood pressure
- You may stop sweating, causing your body temperature to rise and possibly overheat
- You'll produce less saliva, which will make your mouth dry and may give you bad breath
- Your body uses stored energy faster, so you may feel hungry or crave sugar
- You may get constipated because your body doesn't have enough water to remove waste
- Less water in skin cells causes your skin to get dry
- Your body limits blood flow to the skin, which may make you feel chilly
- More concentrated blood triggers your kidneys to hold water, causing you to urinate less
- On average, a person urinates 6-7 times per day. A dehydrated person may urinate 2-3 times a day
- Thirst occurs at a delay. By the time you feel thirsty, you're already dehydrated

## 30 Day Water Challenge

For the month of June, participate in the 30 day water challenge! We're challenging you to drink 64 ounces of water per day for the entire month of June.

Participate and track your water for the entire 30 days and get a water bottle (*while supplies last*)!

Download the free water tracker here: <https://bit.ly/3fJ3yni>

### Some benefits of hydration:

- Improved kidney function
- Improved digestion
- Better bone health
- Help with weight loss
- Reduced bloating
- Better brain health
- Improved circulation
- Improved immune system

# ChallengeME

MaineDOT Healthy Workforce

Be sure to visit the **ChallengeME** website:

- > Sign up for Health Coaching
- > Sign up for VirginPulse
- > Listen to the ChallengeME Podcasts
- > Watch past webinars
- > Check out previous monthly topics
- > Learn about your benefits

<http://maine.gov/mdot/challengeme>

**Coming Up** July Sun and Heat

Comments, questions, ideas, or submissions?  
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