

## Smart Hydration and Soothing Summer Activities

by Jena Ritchie, NBC-HWC

Summer temperatures are soaring! While making vacation plans to indulge in refreshing activities, it's also a good time to plan to boost hydration habits. Water is essential for all forms of life, whether in the depths of the oceans, on land, or in the skies. It is the foundation of existence, nurturing ecosystems and maintaining the delicate balance that allows life to multiply and thrive.

The importance of healthy hydration cannot be overstated. Up to 60% of the human adult body is water, the brain and heart are about 73% water, and the lungs are about 83% water. Skin is comprised of 64% water, while muscles and kidneys are 79%, and even the bones are estimated at 31% water. Spinal discs, in particular, are known to be composed of as much as 90% water.

Water supports numerous vital functions that help nourish the body. It permeates cells, allowing them to thrive, and helps flush waste. Water supports saliva and nourishes mucosal membranes, and lubricates joints and the spine. It also helps regulate internal temperature, improves digestion, and facilitates oxygen delivery throughout the body. Water even acts as a shock absorber for the spinal cord, as well as being needed by the brain to produce hormones and neurotransmitters.

To maintain proper hydration, a general guideline is to drink half your body weight in ounces of water daily. For instance, if you weigh 200 pounds, aim for 100 ounces of water each day. However, this guideline is adaptable and can be adjusted based on factors such as exercise, environment, and life stages, including pregnancy or breastfeeding. By following this guideline and making necessary adjustments, you can take control of your hydration and boost your metabolism.

Swimming is a great way to enjoy exercises that promote relaxation, improve fitness, and provide therapeutic benefits. The calming properties of pool water have multiple advantages, offering a rejuvenating experience. Aquatic therapy harnesses the soothing effects of water to strengthen core muscles, alleviate discomfort, and facilitate recovery.

Water naturally supports the body, relieving pressure on joints and muscles, allowing for a greater range of motion, and enabling safe and gentle strengthening of tissues while enhancing flexibility. The gentle buoyancy of water creates an ideal environment for spinal rehabilitation. This makes it particularly beneficial for those with spinal conditions.

As the summer heat peaks and the need to stay hydrated increases, keep these ideas in mind to help sustain your optimal health and movement all season long. Moon Valley Chiropractic is just a phone call away to help provide additional support with your health and spine. It's easy to schedule an appointment by calling our office at 602-298-0292.



## Stay Hydrated for a Healthy Spine

**70%-90%**

Spinal discs are comprised mainly of water. Proper hydration supports function and health.

**"Hydration is key for optimal spinal health."**

### Accepting New Patients

This infographic highlights the importance of hydration health. Tips and benefits specifically for spinal health from Moon Valley Chiropractic.

Drink sufficient water and consider adding electrolytes

Consume hydrating fruits and vegetables

Listen to your body's thirst cues

Limit sugary drinks and alcohol



*Incorporating these tips in your day can benefit your spinal health. Stay hydrated and support your overall well-being! Call Moon Valley Chiropractic to schedule an appointment at 602-298-0292.*

[moonvalleychiropractic.com](http://moonvalleychiropractic.com)