



NEW ENGLAND

FUNCTIONAL FITNESS

The Gym Rag

nutrition seminar



NEFF will host a seminar featuring Registered Dietician Nicole Maslar from Pyramid Nutrition Services. Maslar will cover basic nutrition guidelines and how to enhance your health and exercise through proper nutrition. *The seminar will be hosted at the NEFF facility on Wednesday, July 24, 4:30 - 5:30 p.m.* If you are interested in coming, please let your coach know so we can get a head count.



Nicole Maslar, RDN, LDN

Monthly trivia

May's answer:
New York, Boston, and Chicago

June's question:
In what year did the
modern Olympic era begin?

Client Appreciation/ 5 year anniversary

UPDATE: We will now be hosting this event on Saturday, Sept. 21. This allows us more time to create a better, more fun event for you! More details to come!

THE RIVER DOTH FLOWETH

He's here! Let's all give a very warm welcome to River Parker Caron, who took his first breath of sweet, sweet oxygen on Tuesday, May 21. Coming in at 8 lbs 15 oz and 19" long, River's current favorite activities are sleepin', relaxin', chillin', and takin' it easy (Whoa! Slow down, River!). Mom and baby are both healthy, Dad's doing just fine, and Greyson is living his best life.



Summertime tips for STAYING HYDRATED

Although it's a year-round and as-long-as-you're-alive issue, hydration gets more attention during the hot summer months. It's no wonder - we sweat more and lose a lot of fluids to the gross summertime heat. This is no reason to shy away from exercising outside and generally getting your fill of the great outdoors. However, we would like to offer some pointers to help ensure you don't find yourself battling a bout of heat exhaustion, or worse. Hydration is paramount, and it's something we should constantly be monitoring, not just satiating when we're thirsty. So how can we make sure we're staying hydrated properly?

Signs you're dehydrated

As a fact of life, we lose water throughout the day - mostly through sweat and exhalation - meaning it's our responsibility to replenish what we've lost. Ultimately, dehydration means you have lost more fluid than you have put back in. Minor dehydration usually results in minor symptoms like dry mouth, fatigue, constipation, dry skin, etc. Some of the more serious symptoms that require immediate attention include confusion, fainting, cessation of urination, increased heart rate, and decreased blood pressure. Any of these latter symptoms warrant immediate medical attention!

CHILL OUT ON SWEETENED DRINKS

Try to avoid drinks that are high in added sugars. If you want to have some flavor, consider adding lemon, lime, cucumber, or orange slices. Seltzers also seem to be a pretty good option these days. Just check the nutrition label and make sure you're not getting calories from an unwanted source. High sugar beverages like soda and energy drinks will probably do more harm than good.



COOL TIP

Don't wait until you're thirsty then guzzle a bunch of water. Carry a refillable bottle around with you and drink throughout the day!



What does water do for us?

Pretty much everything, which is why it's so essential. The fact that the majority of our bodies are made of water should tell you something, but to be more specific, water helps move nutrients into our cells, helps with digestion, keeps our cells hydrated, and helps to flush out toxins through sweat and urine.

Signs of good hydration

As there are signs and symptoms of dehydration, we can also check the inverse. Just as you should know what dehydration looks like, it might be good to know what good hydration looks like as well. One very common way to tell if you're adequately hydrated is through urine color. The chart to left should give you a pretty good idea of what you should be looking for. Additionally, it's important to note that certain foods, medications, and supplements can also change the color of your urine independent of hydration status.

If you're not sure if the urine check is working out for you, another way to gauge hydration is through your skin elasticity. Lay your hand flat and gently pinch the skin on the back of your hand and then release it. If you are well-hydrated, your skin should snap right back into place. If it kind of slowly returns to form, then you may want to drink a little water!

As always, none of this is medical advice. Please consult your doctor if you have specific concerns regarding your health.

