

As part of our "Maintaining A Strong Immune System" series

Tip 6: HYDRATION AND IMMUNITY

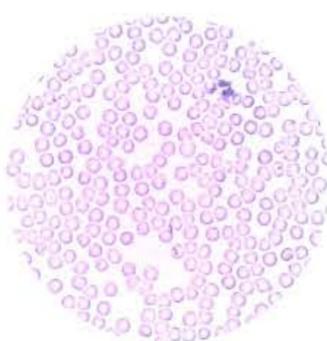
As a valued member of Rolling Strong, your safety and well-being are important to us. With continued news around coronavirus (COVID-19), Rolling Strong will be sending tips on maintaining a strong immune system so you can be armed with the best chance of staying healthy!

It may be surprising to some, but how much water you drink every day can affect your immune function. Just as you mindfully wash your hands and disinfect the surfaces of your home and workplace, drinking adequate water every day to properly hydrate **works to clean and disinfect the inside of your body.**

Maintaining proper hydration levels helps to keep your immune system running at an optimal level. **Drinking adequate water supports the body systems that help to remove toxins and flush out waste products so that the immune system can run effectively.**



Here are 4 ways that staying hydrated affects your immune system:



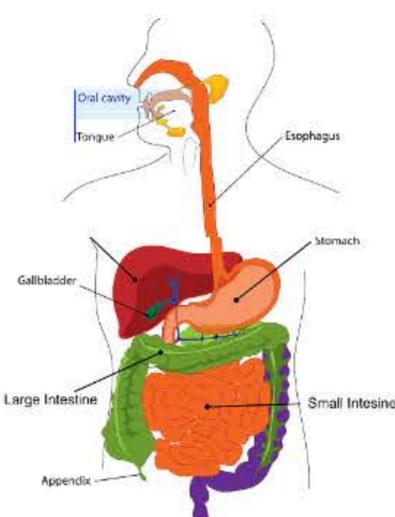
DRINKING WATER IMPROVES LYMPHATIC FLUID

The lymphatic system is a large organ system that acts as your waste disposal and sanitation system. The primary function of the lymphatic system is to transport lymph fluid, a watery substance that contains infection fighting white blood cells to help you defend against pathogens and to remove the toxins from your blood. **Not drinking adequate water causes this system to get slow and congested, compromising your immune function.**



BLOOD, CIRCULATION & IMMUNE FUNCTION

Your blood is made up of about 92% water. When you don't drink enough water, the amount of blood circulating through your body decreases substantially. Blood and lymph fluid need to carry toxins to the kidneys to dispose of it. **If your blood cannot adequately circulate, toxins build up and weaken your immune system's ability to function properly.**



DEHYDRATION, DIGESTION & IMMUNE FUNCTION

Healthy foods are important to our immune function, but not drinking enough water can affect how well you absorb the nutrients from your food. Digestion starts in the mouth, break down the food. Dehydration makes saliva thick so it can't do its job correctly. Dehydration also leads to constipation, making it difficult to move the waste from the body and increasing toxic waste buildup. **Drinking adequate water helps to break down and move food through the digestive system to deliver all those precious macro-nutrients that your immune system needs.**



HYDRATION, MUCOUS MEMBRANES AND IMMUNITY

The mucous membranes that line the mouth, eyes, skin and gastrointestinal tract are the 'first responders' of your immune system. They block pathogens and toxic chemicals from invading your body. **Mucous is over 90% water and contains immune cells that do battle with viruses and bacteria** by trapping them and killing them before they enter the body. **When you are dehydrated, these mucous membranes can't function to trap and kill off pathogens, viruses and bacteria and pathogens can more easily invade the body.**

How much water should you drink?

Although experts recommended drinking $\frac{1}{2}$ your body weight in fluid ounces, many of us do not get enough. According to a study by the CDC, 43 percent of adults drink less than four cups of water a day, with 7 percent reporting they don't drink any glasses of water.

Tips to help you drink more water

1. **Know how much you need:** Drink half your body weight in fluid ounces every day and add more if you exercise or if you work outside in extremely hot temperatures. **Check out the Rolling Strong App. The App calculates your daily water needs on your weight. Open the App > Go to Hydration. You will see Your Daily Goal is automatically shown to you. Enter your cup size, click the + button and you can keep track of how many ounces you log until you make your goal.**
2. **Keep a refillable bottle with you:** Or pre-measure what you need before you start the day. Some people use 16-ounce bottles in a small cooler and calculate how many they need each day.
3. **Piggyback the habit:** Tie drinking water with each meal you consume (drinking that 17 ounces before will rev your metabolism and make you feel fuller so you don't eat so much). Make sure you drink a glass when you wake up and before you go to bed. Just tie it to something you are already doing.
4. **Use the clock:** If you are at a desk or in a vehicle all day, drink one 16 ounce bottle every hour. That's 128 ounces. Back it down or up based on your weight and activity levels.
5. **Replace:** soda, sugary teas, sports drinks, etc. with water instead.

Contact a Rolling Strong Wellness Coach, coachme@rollingstrong.com, to help you stay on track with nutrition, exercise, sleep, stress and hydration to keep your immune system running smoothly.

Connect with us!



Stay tuned for the next tip on maintaining a healthy immune system and Roll Strong!

