



ChallengeME MONTHLY MINUTE

VOL 05 ISSUE 6 / June 2022 • maine.gov/mdot/challengeme

Monthly topic:

Hydration

Tap Water, Spring Water, & Natural Mineral Water...
What is the Difference?

1) Tap Water

Usually obtained from ground or surface water. The quality is "raw water" and differs from place to place. Depends on how clean it is.

2) Spring Water

Originates from underground water sources and must be bottled at the source; contains no specific and consistent amounts of minerals and is not officially certified.

3) Natural Mineral Water

Must have its origin in an underground water source protected from contamination. Endorsement requires around 200 individual examinations. It provides the body not only with water but also minerals like vitamins. Only the removal of iron and sulfur is allowed. Also, regulation of carbon dioxide content is permitted. As soon as contamination is detected the water loses its characteristic as a "natural mineral water" and may no longer be referred to as such.

Here are 5 facts you need to know about staying hydrated:

- Water intake doesn't have to be from water. Many foods are water dense.
- Not everyone needs 8 glasses a day. Some need more based on activity and size.
- Check the color of your urine. Look for light color.
- You can drink too much water. It's rare, but real. It's called hyponatremia – and it means the amount of sodium in the blood is lower than normal.
- Working out doesn't mean you need a sports drink. Working out an hour or less? Drink plain old water.

6 Tips to Stay Hydrated During A Road Trip

Summertime usually means road trips. Did you know that being in air conditioning can make you get dehydrated faster? The air conditioner causes low water content in the atmosphere, which results in increased water loss from the lungs and through the skin, causing dehydration and its symptoms such as tiredness, loss of concentration and headaches.

1. Avoid Sugary Drinks: Most people do not know that if you drink sugary drinks you can increase your chances of dehydration because they reduce the amount of fluid that your body actually retains.
 2. Plan ahead and use each pit stop on your trip to remind yourself to drink your water. (Helpful tip is to use the restroom then, because you are drinking water)
 3. Pack a cooler or insulated bag to keep your water nice and cold.
 4. Eat fruits with high water content such as berries, pineapple, cucumbers and watermelon. You can also pack some Potassium-rich foods like bananas. Avoid high sodium snacks such as potato chips and pretzels.
 5. Add citrus and berries to the water so that you can have some healthy flavored water while on the go.
 6. Keep track of your water intake by using a water intake APP or simply a piece of paper and place an "X" each time you finish 8 ounces.
- BONUS! The added water intake will help you take regular breaks to use the restroom!

Be sure to visit the ChallengeME website:

--> Sign up for Health Coaching: Call: TTY:

800.697.0353 Online: guidanceresources.com

--> Listen to the ChallengeME Podcasts

--> Know YOUR Health Plan benefits- Benefits

All can be viewed by going to:

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

ChallengeME
MaineDOT Healthy Workforce

Coming Up July: Eye Health in the Sun

Comments, questions, ideas, or submissions?
Please email: Janice.Arsenault@maine.gov