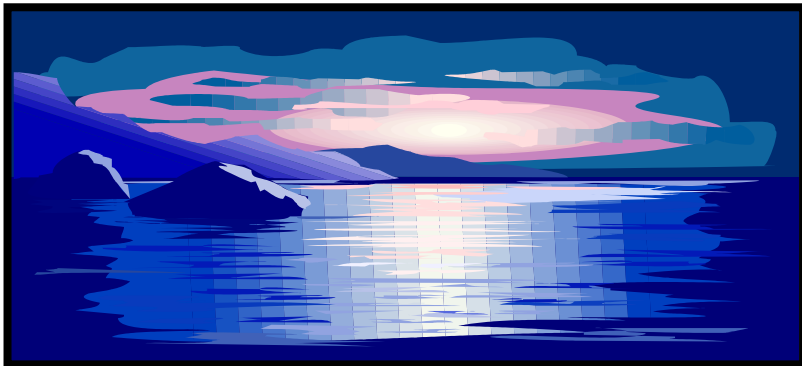


FIRE FITFACTS

FROM THE PHOENIX FIRE DEPARTMENT
AND THE AMERICAN COUNCIL ON EXERCISE

Fuel for the Fire ~ Water



Hydration

Water makes up 70% of your total body mass, 75% of the weight of muscle and 50% of the weight of body fat. It serves to transport energy, gases, waste products, hormones, antibodies, and heat. Water lubricates surfaces and serves as the main avenue for temperature regulation. It is necessary for every function of the human body.

During activity in a hot environment, sweat loss can average 1 liter per hour. Fire fighters often lose up to 2 liters per hour when fighting fire.

The results of being dehydrated can be disastrous and even deadly. When you become dehydrated there is less blood to be pumped to working muscles and vital organs. There is less water available to produce sweat, which can be evaporated to cool the body. When you are dehydrated your body overheats and your performance suffers.

If you want to be your best and if you want to be safe when you exercise you need to remain well hydrated.

Drink for Life

Tips for Staying Hydrated

- Avoid drinks with caffeine
- Avoid drinks with high sugar
- Slowly acclimatize yourself for exercising in the heat
- Drink water before, during and after exercise
- Drink at least 8 large glasses of water daily and up to 24 glasses daily if exercising vigorously
- Monitor your urine for early signs of dehydration
- The colder the water the faster it is absorbed from the stomach.

