

S U M M E R 2 0 1 5

THE WATERMARK

A PUBLICATION OF THE ZONE STAFF

WATER IN OUR BODIES

Water is found within three primary locations: our cells, in the space between our cells, and in our blood. Most of the water in our bodies (two-thirds) is contained inside our cells, and the rest travels in extracellular. Body composition varies according to gender, fitness level, and even age because fatty tissue contains less water than lean tissue. Interestingly, the percentage of water in infants is much higher, typically around 75%, than that of an elderly person – 50%.

Every day we lose water through perspiration, breath, urine and excrement. Therefore, drinking water regularly in addition to eating foods that contain water is the only way to ensure longevity in life and maintain good health. However, the consumption needed to maintain a proper balance and normal functions, varies per individual.

Most of us are familiar with the fatigue and weakness that can occur when we don't intake enough water. Before we even realize we are thirsty, our physical coordination and mental performance start to become impaired, typically around 1% dehydration. While 1% dehydration may seem insignificant, still we may suffer from low energy, headache, constipation, and aches in joints and muscles.



THIS WEEK'S OUTING

SWIMMING POOL IN BERLIN

This Saturday after lunch we will take a trip to the Berlin Swimming Pool! There are 3 slides and a diving board, and a part near by where we can play beanbags, frisbee, and bocce ball. Admission price is \$2.50 if you are under 17 and \$3.50 if you are 18 or over.



BIG WORD OF THE WEEK

Lambaste

Definition: (*verb*) to assault violently.

In a Sentence: Hundreds of children took turns lambasting Adam's face with wet sponges this past weekend.