



DALLAS AQUATIC MASTERS

Fun, Fitness and Competition

Drink Water and Cut Your Risk of a Heart Attack by 50%

DAM Monday September 9th 2002

Most of you know the body is about 70 percent water. The water in your cells helps cells signal each other, keep a constant body temperature, and produce energy reactions that basically keep you alive. Most people do not drink enough water, which is a mistake.

A study performed at Loma Linda University and published in the American Journal of Epidemiology found people who drank five or more glasses of water per day cut their risk of heart attack by 54 percent, compared to those who drank two glasses or less per day.

The study also found drinking more of other fluids actually increased the risk of heart attack. Increased water dilutes the blood and seems to reduce the risk of clots, which can trigger a heart attack. Drinking more milk, juice, soda and sports drinks increases the thickness of the blood. To absorb the nutrients from these drinks the gut will pull water from the blood increasing the thickness this is not a good thing especially if you already have some other risk factors for heart disease.

What this study is reminding us is that it is important to drink your quota of water per day. If you workout regularly you want to make sure to keep your water in take up.

Bring those water bottles with you to the pool but be sure to put your name on them, you really don't want to share your water bottle with your lane mates.

See you at the pool.

Bobby