



July 28, 2015 – Grand Rapids, MI

Heat, Water, and Sports Drinks

While I was in Austin doing a seminar this past weekend, I posted a thought on the [30 Pound Club](#) Facebook group about drinking fluids when it's hot. And it was hot in Austin; the temperature topped out at 100 degrees. It's also been hot in Grand Rapids with temperatures hitting the 90s with some humidity to make it even worse. If you're going to work outside in that type of heat and humidity, you have to drink fluids.

Water is important but when you sweat, you lose sodium and potassium as well. You should alternate four ounces of water with four ounces of a sports drink. How often? When you're actually outside working or exercising, alternate every 15 minutes and continue for an hour after you come inside. Whether it's mowing the lawn, playing basketball with the kids, even playing in the pool, if you're moving, you're drinking the fluids.

What about exercising in that type of heat? I'll talk about that on Thursday. Until then, bottom's up! And don't forget, the [Andropause-Menopause](#) webinar is tonight. There are still spots available.

What are you prepared to do today?

Dr. Chet



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