



**Florida Insurance Brokers, simplifying a complicated subject like insurance and helping you design a benefit package that will attract and maintain a healthy, talented workforce.**



### Thirsty?


You've undoubtedly experienced the feeling of thirst: a distracting urge to turn away from whatever you're doing and find something to drink. It drives you to guzzle water on hot days and to drink something along with your meals. Our need for water is as omnipresent and critical as our need for food or oxygen—it's an essential cog that keeps our bodies working normally. The craving to pick up a beverage when we're feeling parched might feel intuitive, but our bodies rely on an intricate set of biological processes to make sure we stay properly hydrated.

Thirst is not a good short-term regulator of fluid balance. Humans frequently lose up to 2% of their body weight as water before the thirst mechanism is activated. However, the majority of individuals do not feel compelled to drink until they have become moderately dehydrated, even though fluids may be available.

When your body starts to run low on water, a number of changes take place: for one, the volume of your blood decreases, causing a change in blood pressure. Because the amount of salt and other minerals in your body is staying constant as the volume of liquids decreases, their relative concentration increases. This concentration of particles in bodily fluids relative to the total amount of liquid is known as osmolality, and it needs to be kept in a narrow range to keep the cells in your body functioning properly. When the brain detects osmolality elevation, animals only consume water to alleviate hyperosmotic stress. Conversely, reduced systemic volume induces vigorous intake of both water and salts to recover blood volume at the appropriate osmolality. Natural dehydration is a combination of these two stimuli.

To keep from getting dehydrated, drink water throughout the day. Drink sports beverages if you sweat a lot. Limit coffee, tea, and colas. Fluids with caffeine act as diuretics. Don't rely on thirst alone to tell you if your body needs more fluid.

**Do you know how your body uses water?**



**Water in the body:**

- Blood: 90.7%
- Brain: 85.5%
- Kidneys: 82.7%
- Muscles: 75.6%
- Bones: 22%

**Are you properly hydrated?**

### Sunshine

When you think of the sun, your first thought might be about the damage it can do. And too much can cause several kinds of serious health issues. But our bodies were built to make good use of the sun.

Everybody needs some sun exposure to produce vitamin D (which helps calcium absorption for stronger and healthier bones). At least 1,000 different genes governing virtually every tissue in the body are now thought to be regulated by 1,25-dihydroxyvitamin  $D_3$  (1,25[OH] $D$ ), the active form of the vitamin, including several involved in calcium metabolism and neuromuscular and immune system functioning.

Sun exposure early in the day before it's at its brightest, can be good for you in these ways:

Your eyes need light to help set your body's internal clock. Early morning sunlight in particular seems to help people get to sleep at night.

Morning light also seems to help people keep the fat off. You need 20 to 30 minutes between 8 a.m. and noon to make a difference, but the earlier you get it, the better it seems to work. Scientists think the sun's rays may shrink fat cells below your skin's surface.

More sunshine means you're probably getting more exercise too, which is good for you in lots of ways, including shedding pounds.

Sunlight helps boost a chemical in your brain called serotonin, and that can give you more energy and help keep you calm, positive, and focused.

Moderate amounts of sun over your lifetime, especially in your teen and young adult years, might make you less likely to have problems seeing things at a distance (nearsightedness).

**Our Benefit Consultants have the resources to inform and guide you through the processes and requirements for offering group health insurance. Our online tools and enrollment system, along with a *personal touch*, help ensure benefit administration is done right. Let us help you.**