INTRO TO H2O | THE BASICS
Adventist Risk Management, Inc. | Weekly Newsletter

Providing Risk Management Solutions for the Seventh-day Adventist® Church

INTRO TO H2O

THE BASICS

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It's that wonderful time of the year when school is out. Children are attending Vacation Bible School and summer camp. Perhaps you are taking the family on trips to the beach! All these summer activities require one key beverage of choice: WATER

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Safety Webinar
August 24 2:30 pm ET

Church Media Risks

By David Fournier, ARM, ALCM
Manager of Marketing and communications at Adventist Risk Management®, Inc.

SPACE IS LIMITED

Reserve your Webinar Seat Now at:
https://www1.gotomeeting.com/register/352005209

As churches and church organizations look for ways to communicate with membership and reach out to their communities, media can be an effective tool to connect with members and customers. With these opportunities come some inherent risks. In order to succeed with media we need to be prepared to understand and address risks such as cyber security and protecting your organization's reputation.

Title: Church Media Risks
Date: Sunday, August 24, 2014
Time: 2:30 PM - 3:00 PM EDT
BAD THINGS COME FOR THOSE WHO WAIT.

Insurance industry statistics show that delays in claim reporting causes difficulty in resolving claims and increases the cost.

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Intro to H2O - The Basics – Adventist Risk Management

“Pure water is the world’s first and foremost medicine” Slovakian Proverb

It’s that wonderful time of the year when school is out. Children are attending Vacation Bible School and summer camp. Perhaps you are taking the family on trips to the beach! All these summer activities require one key beverage of choice: WATER

Water is the body’s main chemical component and equals 60% of your body weight. Each system in our body depends on water. It is crucial for our health as it helps control our body temperature and heart rate. It flushes dangerous toxins out of your vital organs and helps to carry essential nutrients to the cells in our body. In short, water keeps your entire body working in pristine condition! However, you lose water in everything from breathing to exercising and you need to replace these lost fluids. If you don’t, the inevitable occurs – dehydration.

Dehydration occurs when the body does not have sufficient water to help carry out its normal functions. Signs of dehydration include feeling lightheaded, tired, rapid heartbeat, dry lips, headache etc. Even mild dehydration causes your energy levels to drop and you feel tired. In order to avoid dehydration, you need to make sure that you are drinking enough water every day!

You have heard the “8 glasses a day” rule of thumb for water intake, which is roughly 1.9 liters. This rule is very popular for one reason: it is easy to remember. Here are a few key rules to help to keep your body functioning properly on a daily basis:

For Children
The American Academy of Pediatrics recommends “children drink plenty of fluids before starting any exercise and continue to drink during physical activity. During Exercise, the APP suggests drinking about 3-8 ounces of water every 20 minutes for children 9-12 and about 34-50 ounces per hour for adolescent boys and girls.”

For Adults
The Institute of Medicine determined that the adequate water intake for men is around 13 cups (~3 liters) of water and for women is about 9 cups (~2.2 liters) per day.

1 Fruits: An excellent source of water is watermelon. Watermelon fruit-containing water, with 90% of it composed of water. Oranges, grapefruits, strawberries and melons (cantaloupe and honeydew) are also great options.

2 Vegetables: celery, tomatoes, cucumbers, green peppers and lettuce

3 Yogurt: 1 cup of yogurt equals 85% water!
**4 Oatmeal, pasta, beans, and couscous**: While cooking, these absorb 50% of their weight in water. 

Looking for water-packed treats for children? Try freezing applesauce cups for an icy snack. Each medium apple contains 84% water! Try blending frozen berries with yogurt for a sorbet! Cook fun shaped-pasta like bowties (farfalle) and wagon wheels (rotelle)!

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A good way to measure if you are drinking enough water is if you are going to the bathroom every 2-4 hours and your urine is a light-color. This is a clear indicator that you are well hydrated! (See our Dehydration Urine Color Chart for more information!)

**In Summary**

This summer, don’t forget to:

Carry a water bottle, dress in light-weight clothing and eat water-packed snacks! Don’t forget to drink water before, during, and after any summer activity and take breaks inside… or in the shade!

Stay well hydrated and healthy!

For more water importance information or health information visit [http://healthministries.com/celebrations](http://healthministries.com/celebrations) to order the book Celebrations produced by General Conference of Seventh-day Adventist Health Ministries Department. It contains excellent information by Dr. Peter Landless on water and it's uses.

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**Resources**

1) [http://www.webmd.com/parenting/features/healthy-beverages?page=2](http://www.webmd.com/parenting/features/healthy-beverages?page=2)  
2) [http://www.webmd.com/a-to-z-guides/drinking-enough-water-topic-overview](http://www.webmd.com/a-to-z-guides/drinking-enough-water-topic-overview)  
4) [http://kidshealth.org/kid/watch/er/dehydration.html](http://kidshealth.org/kid/watch/er/dehydration.html)  
5) [http://www.amberalertgps.com/hello-hydration-5-tips-for-keeping-kids-hydrated](http://www.amberalertgps.com/hello-hydration-5-tips-for-keeping-kids-hydrated)  
7) [http://www.webmd.com/a-to-z-guides/features/wonders-of-water](http://www.webmd.com/a-to-z-guides/features/wonders-of-water)  