

10 REASONS TO TRACK YOUR HEALTH

- 1. Awareness Leads to Improvement:** Tracking can shift behavior and promote weight loss.
 - In 2008 the American Journal of Preventative medicine studied over 1700 people and noticed that people who tracked their food at least 6 days a week, lost more than double the weight than those who didn't track food.
- 2. Break Goals into Achievable Steps:** Gradually adapt to long-term goals like weight loss or skill acquisition.
- 3. Early Warning System:** Monitoring can catch health issues early, similar to a car's check-engine light.
 - Setting up your Health Score and enabling continuous monitoring, to get alerts when you are sleep deprived, at risk for prediabetes, have a weaker immune system, unexpectedly gain bodyfat, or many other common issues. If you find out about it early then you can start to adjust and fix it quickly, but left unattended they can get worse and cause issues.
- 4. Insight into Body Functions:** Tracking various metrics provides a clearer understanding of health trends.
- 5. Objective Measurement:** Data helps counter biases and provides an accurate view of health and fitness.

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6. **Sharing with Others:** Tracking allows sharing achievements with coaches, doctors, or friends for motivation and accountability.
7. **Data for Coaches, or even AI:** Provides valuable information for analysis and recommendations from coaches or technology.
8. **Push Limits Safely:** Track performance data to avoid injury while aiming for improvement.
9. **Control Over Routine:** Tracking synchronizes actions to help achieve long-term goals.
10. **Reinforce Habits:** Positive reinforcement from tracking encourages continued healthy behaviors and habits.



FITNESS PAL

Comprehensive platform to track calories, meals, exercise, and weight, making it great for overall health monitoring with a large food database and easy-to-use interface



SWORKIT

Offers structured at-home workouts with different intensity levels



LIFESUM

Tracks nutrition and provides personalized meal plans

<https://gyroscop.co/guides/why-track-your-life/>

TIPS FOR DRINKING MORE WATER

How much water do you need?

Whether you prefer plain, sparkling or infused water, drink plenty every day. So how much water does an average adult in a temperate climate need?

Mayo Clinic recommends this minimum daily intake of water:

- Women — 11.5 cups, or 92 ounces
- Men — 15.5 cups, or 124 ounces

You lose water through breathing, perspiring, urine and bowel movements. You must continually replace your body's water supply by eating food and drinking beverages that contain water. About 20% of the daily intake of liquid comes from food and the rest from drinks. Anyone can become dehydrated, but certain people are at greater risk, including infants, young children and people who work or exercise outdoors. Even mild dehydration can leave you feeling tired and lacking energy.

In addition, older adults are more likely to become dehydrated. As you age, your body's fluid reserve becomes smaller, your ability to conserve water is reduced and your thirst sense becomes less acute. These problems are compounded by chronic illnesses such as diabetes and dementia, and the use of certain medications. Older adults also can have mobility problems that limit their ability to obtain water for themselves.

How do you know if you're drinking enough water?

Your fluid consumption is adequate for your needs if you rarely feel thirsty and your urine is colorless or light yellow. To prevent dehydration, consider drinking water regularly with meals, throughout exercising and when you feel thirsty

TIPS FOR DRINKING MORE WATER

Here are some tips for upping your water game:

- **Flavor it.**
 - Add fruit to your water. Lemons, limes and oranges are tried and true. Cucumber, watermelon, strawberries and herbs also are delicious options.
- **Tie it into a routine.**
 - Drink a glass of water every time you brush your teeth, eat a meal or use the bathroom.
- **Eat it.**
 - Many fruits and vegetables have a high water content, including melon, cucumbers, lettuce and celery.
- **Track it.**
 - Invest in a high-tech bottle that connects to your smartphone and records how much you drink. Download an app that reminds you to drink your water. Or set an alarm as a reminder and track your intake in your calendar.
- **Challenge a friend.**
 - Kick off a healthy competition with a friend or your kids to see who can meet their guzzling goal most often.
- **Take it to go.**
 - Drinking enough water when you are on the go can be challenging. Fill your water bottle before you leave home, and bring it along on your daily travels.
- **Alternate your drinks.**
 - If you can't give up soda or juice completely, try alternating with water. Each time you finish a glass of water, switch to soda or juice and vice versa.

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/tips-for-drinking-more-water>

Water TRACKER

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