



# WEDNESDAY WELLNESS

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## WATER SNOB

A cousin of mine refers to herself as a water snob. She will only drink bottled water out of a specific shaped bottle, from a specific company.

Upon discovering this last summer, I refilled a few of her 'special bottles' with tap water for the beach and threw them in the cooler. She was outraged I would do such a thing — but I reminded her they were ice cold, the beach temp was 97 degrees, it was still water!..take it or leave it. Thus ensued our discussion on bottled vs. tap.

Cases and cases of the stuff is purchased daily from the dollar store to Costco. We already pay for water and have it conveniently running out of the tap.

Why is it ok to boil our pasta, brush our teeth, wash the dishes, and make our coffee with it, but not good enough to drink? There are all sorts of arguments on bottled vs. tap.

But the one **true** fact of bottles is how many of them end up in landfills and won't break down for over 1,000 years! Really, how many actually get recycled?

Let's look at some info I found on the topic:

- \* The price of bottled water is 10,000 times the cost of tap.
- \* 40% of all bottled water is from Municipal water. (AKA) tap.
- \* Tap water is tested regularly for bugs like E-Coli and other pathogens.
- \* Tap water is required to provide it's source, unlike bottled. Quality reports are required on tap water.
- \* If tap water standards aren't met, it can't be distributed. Bottled can. (Remember the 40%?)
- \* Enough petroleum is used for bottles to fill a million cars with gas for 1 year.
- \* Over the past several years, bottled water has been recalled for contaminants like cleaning compounds, mold, bacteria and arsenic.

If you must be snobby about something, choose a different item—**For A Better Way To Stay Well!**



Source: Doss Holdings, Inc./onlineeducation.net



### QUOTE OF THE WEEK

"If love and peace can prevail on earth, and we can teach our children to honor nature's gifts, the joys and beauties of the outdoors will be here forever." ~ Jimmy Carter



### FITNESS TIP

#### Twist Away

Source: Self Magazine

Stand with feet wider than hip-width apart, toes out, a weight in both hands at hip level. Squat and raise arms to shoulder height. Twist torso to left, then center. Return to start; repeat on right for one rep.

Do 12 reps. Muscles worked: Shoulders, abs butt, thighs, obliques

### MONDAY

Hey, remember meatless Monday? How's that going?

### TUESDAY

Eat lean, protein packed lunches for afternoon energy!

### WEDNESDAY

Practice deep breathing 3-4 times daily. It elevates your oxygen and energy levels!



WEEKLY CHALLENGE

### IN THE KNOW

About 75% of us are chronically dehydrated.

About 40% of us have thirst mechanisms so weak, it's often mistaken for hunger.

Our metabolism will slow down by as much as 3% with even mild dehydration.

Lack of water is the #1 trigger of daytime fatigue!

Source: Cleveland Clinic/natureabc.com

### THURSDAY

Drink 8-10 glasses of H2O daily. If you don't trust tap, purchase a home filter for the faucet!

### FRIDAY

Don't let others sabotage your efforts to live healthier!

### RECIPE TIP

Instead of cooking with oil, try veggie or chicken stock, water, vinegar, or even a splash of fruit juice.

To retain much of the water soluble vitamins in veggies, microwave or gently steam instead of boiling.

Source: Better Health Channel

