WTNS Radio OSU Extension Update for December 23, 2024
Healthy People. Healthy Finances. Healthy Relationships.

On today's OSU Extension update for Healthy People, Healthy Finances, & Healthy Relationships we'll talk about the connection between hydration and longevity, and as always look at some upcoming programs from OSU Extension.

It is most likely because I am part of their target audience, but I feel like anti-aging advertising is everywhere. Skin care creams, serums, and tinctures. Vitamins and supplements in pills, powders, and beverages. There are so many choices and so many voices. But do these things really make a difference? Are they the secret to more energy, more fulfillment, and fewer wrinkles?

Research shows that the foundation for longevity includes staying active, prioritizing close relationships, and maintaining proper hydration. That's right. Just like our plants need water to thrive, so do we humans. Afterall, our bodies are 60% water. In a recent article, Registered Dietitian Nutritionist, Christina Manian, shared that there is a close link between hydration and longevity

The human body is amazing. Think about everything that we ask our bodies to do day after day, year after year. Water in the body is important for all kinds of functions like cell communication, joint lubrication, detoxification and cell waste removal. Dehydration has some immediate signs like fatigue, confusion, and muscle cramps. But there are other effects that we might not realize are happening within us.

Dehydration may contribute to inflammation, cellular aging, and oxidative stress. When we are well hydrated, this supports healthy blood pressure, kidney function, and heart health. Hydration is imperative for healthy blood flow, which helps all our organs work at optimal capacity.

A recent study found that middle-aged persons with higher sodium-to-water levels in their blood biologically age faster. Drinking water lowers the ratio of sodium to water. A 2023 study showed that about one-quarter of older adults are dehydrated. The best way to stay hydrated is to keep water with you throughout the day and remember to drink it. It depends on your body type and activity level, but a good rule of thumb is to aim for 8-12 glasses of water (64 to 96 ounces) each

day. I try to drink a glass of water when I get up each morning. I do still love my morning coffee, but my rule is no coffee before water.

If water is not your favorite, you can also drink unsweetened, decaffeinated fluids like herbal teas and fruit infused water. Water-rich foods like cucumbers, oranges, melons and soups can also support your fluid intake. Here's to adding another glass of water to our day.

And now let's see what else is new from OSU Extension.

Our Extension Office will be closed December 24 & 25 for Christmas and on New Years Day. We wish all of you peace and comfort this holiday season.

In closing, at OSU Extension, we are proud to work for Coshocton County to help educate and empower our families, individuals, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265, check us out on Facebook, or visit our website at coshocton.osu.edu. Make it a healthy day and Merry Christmas!