



## Get Fit. **Life Tip.** The silent killer!

Sodium levels are often overlooked since many people don't realize the importance of knowing your sodium intake. It is recommended that the average adult consume no less than 500mg a day and no more than 2400mg a day. In actuality most people consume more than double their maximum recommended amounts of sodium by eating processed foods (chips, soups, frozen foods) and commercially prepared foods. An easy way to monitor your sodium intake is by preparing foods at home and using low-sodium products (seasonings and condiments) and not adding salt to your food.

**Sodium is one of the primary electrolytes needed for the body to retain water and keep muscles well hydrated.**

**There are 4 key roles that sodium plays in the body:**

- Helps in maintaining the proper balance of fluids in the body
  - Regulates the amount of water in and around your body's cells
- Helps in transmitting nerve impulses through the body
- Regulates blood pressure
  - High sodium could trigger a heart attack
  - Little sodium could make you feel weak and tired
- Help the contraction and relaxation of muscles.

**What too much sodium can do to your body?**

Cause hypertension (high blood pressure) which could lead to heart attack.

Affects the kidneys; the more fluid your body retains the harder your kidneys have to work to excrete the excess. Certain diseases such as congestive heart failure, cirrhosis and chronic kidney disease can lead to an inability to regulate sodium. Can make you feel bloated because your body is retaining a lot of fluids

**What too little sodium can do to your body?**

De-hydration; too little sodium may cause your body to have difficulty cooling down after intense activity. If you don't have enough sodium in your body, you won't have the proper amount of water, preventing you from sweating and cooling down.

Learn more about Get Fit with Bill Witte at [www.bwittegetfit.com](http://www.bwittegetfit.com)

**Bill Witte a NASM-CPT, NASM-PES, ACE-CPT and CPR-AED certified trainer.**

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