There's a whole lot of water on Earth! Something like 326,000,000,000,000,000,000 gallons (326 million trillion gallons).

It's generally not a good idea to use thirst alone as a guide for when to drink. By the time you become thirsty, you may already be slightly dehydrated. On the other hand, excessive thirst and increased urination can be signs of a more serious medical condition.

Approach to water intake is the "8 x 8 rule" — drink eight 8-ounce glasses of water a day (about 1.9 liters). The rule could also be stated, "Drink eight 8-ounce glasses of fluid a day." Many people use this easy-to-remember rule as a guideline for how much water and other fluids to drink. Sodas do not count toward the eight glasses a day, said Heather Nettle, coordinator of exercise physiology services at the Cleveland Clinic in Ohio.

Drink two cups of water before you exercise -- the first one, one to two hours beforehand, then have the second cup up to half an hour before the workout. Have another two cups 10 to 15 minutes before. If you’re going to be exercising vigorously outside for an hour, just drink water, Nettle said. But if you will be out longer than that and you’re focusing on performance, consider a sports drink also, such as Gatorade or Powerade.

Try these tips to help enhance your daily water intake
- A twist of lemon or lime (or a little juice)
- A small piece of fruit
- A little unsweetened cranberry concentrate
- A slice of cucumber (subtle, but refreshing)
- A mint leaf or two ("bruise" them a little to release the flavor)
- A lavender flower or other edible flower
- Herbal tea bags
- Add a single serving juice powder
- Start a water club in your office and everyone pitch in for a water cooler.

The clinic is staffed by two nationally certified family nurse practitioners: Heather Krull, MSN, FNP-BC and Jan Neuman, MSN, FNP-BC. Both are also clinical assistant professors in nursing on campus. The clinic also is staffed by a medical assistant, Jeri Lynn Critz and IPFW nursing student workers. They are delighted to be here to serve the IPFW student and staff communities.
Salad Ingredients:
- pint grape tomatoes cut in halves
- 1 ripe avocado, roughly chopped
- 2 ears of fresh sweet corn
- 2 tbsp fresh cilantro, chopped

Remove husks from corn and grill over medium heat for 10 minutes. The corn should have some brown spots and be tender and not mushy. Cut the corn off the cob then scrape the cob with the back of your knife to get the juices. Set aside and let cool. Dice the avocado and chop the cilantro.

Honey Lime Dressing:
- Juice of 1 lime
- 3 tbsp vegetable oil
- 1 tbsp honey
- Sea salt and fresh cracked pepper, to taste
- 1 clove garlic, minced
- Dash of cayenne pepper

Add all the dressing ingredients in a small bowl and whisk to combine. Set aside.

Combine the sliced tomatoes, avocado, cilantro and grilled corn and honey lime dressing and mix gently so everything is evenly coated. Be careful not to mash the avocados. Let the salad sit for 10-15 minutes to let flavors mingle. Enjoy.


RECIPE OF THE MONTH
GRILLED CORN, AVOCADO & TOMATO SALAD WITH HONEY LIME DRESSING

Mark Your Calendar! June 2011

- June 1: Week 6 Weight Watchers: 12—1 PM, KT 128
- June 8: Week 7 Weight Watchers: 12—1 PM, KT 128
- June 13: Free Fitness Screenings: 4:45-6:45 PM, Gates
- June 16: Quick Check: 8-10 AM, Bursar Lobby in KT
- June 15: Week 8 Weight Watchers: 12—1 PM, KT 128
- June 21: Quick Check: 8:30 AM, LA 3rd Floor
- June 22: Week 9 Weight Watchers: 12—1 PM, KT 128
- June 23: Cholesterol Screening: 7-10 AM, WU G08
- June 25: RiverFest.
- June 29: SUMMER FEST! No Weight Watchers meeting.

CIGNA Telephone Seminars: 2:00 PM
Pre-register online: http://ww4.premconf.com/webrsvp
June 1: Balancing Work and Personal Life, Code: 990340
June 15: Make Work Stress Work for You (Spanish), Code: 497247
To access the replay please dial 1.888.348.4629 and enter the passcode listed above in the seminar schedule. The seminars are available to listen to beginning at 5pm ET/2pm PT on the seminar date and are available for 10 days.

RIVERFEST RIVER WALK/RUN
Saturday, June 25 at 9:00 AM

Enjoy this that follows a scenic path along the River Greenway, campus sidewalks, and IPFW Student Housing. Everyone can participate in the “Go Fetch” animal challenge and collect river animal cards each with different values. The top scoring set will receive a special RiverFest prize. Enjoy entertainment and learning experiences along the course, catch river history, and celebrate fitness together. RiverFest towels will be given to the first 300 participants!

A great way to start the day!

Not sure how to prepare for the River Walk/Run? Use this training program!

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IPFW Health and Wellness at SummerFest!
Wednesday, June 29
11:30 AM-1.5 mile “Hit a Home Run and Walk”, 7th Inning Stretch Break, Zumba, and a team wiffle ball tournament!

Sponsored by IPFW Department of Athletics, Recreation, and Intramural Sports & the IPFW/Parkview Health & Wellness Clinic. Visit www.ipfw.edu/health & www.ipfw.edu/clinic

Judy Tillapaugh, R.D. Fitness/Wellness Coordinator
Jen Roherty, ACSM HFS Wellness Specialist

Second annual family-friendly 4 km (2.5 miles) walk/run