

**Adult Down Syndrome Center
Advocate Medical Group
Lutheran General Hospital**

July 2008

Brian Chicoine, MD

Fitness Team

Join us for the next event:



<http://www.frontierdays.org/stampede.htm>

**Frontier Days Stampede Run
Date: Sunday, July 6th, 2008
10K Run, 5K Run, 5K Walk, 1/4 Mile Kids Dash
Arlington Heights**

I will be running the 5K run.

The Fitness Team T-shirts are now available for people participating in our events. Let me know if you will be participating and I will bring your shirt to the event or you can pick it up at the Center.

Upcoming Events

Aug 10

Distance Classic ½ Marathon (Chicago)

www.chicagodistanceclassic.com

August 31

Buffalo Grove Stampede- 5K and other events

<http://www.signmeup.com/site/reg/register.aspx?fid=ZK2V9K7>

Sept 14th

Banco Popular Chicago ½ Marathon

www.chicagohalfmarathon.com

Sept 28

American Heart Association Walk

Harper College, Palatine

(we will be forming a team)

one mile walk

Oct 12

Chicago Marathon

Below is a nice letter I received from someone who has been affected by the Adult Down Syndrome Center Fitness Team.

Years ago, as in more than 20 I use to run on a regular basis. I had on my to do list to complete the Chicago Marathon before I turned 50. In those way back years it was frowned upon to walk any of the race, real runners never walked. Well 50 came and went and I mentioned this to Roger. He had purchased a book "Marathoning for Mortals" and the rest is history. By reading this book it seemed that I was given permission to walk and run a race. I had stopped running for many years. Both my parents died at an early age, and the were old before their time. I did not want my kids to go through what I had, so I started to exercise for health and rediscovered "running". Actually more of a slow jog, but that is okay. So now Roger and I have completed our first marathon and lived to talk about it and we are going to do the Chicago Marathon this fall. It is now do able. I had been exercising for about a year prior to this "running" thing, felt better but had not lost any weight to speak of. By increasing my aerobics I have lost 20 pounds and they have stayed off for over a year. Mentally I feel so much better and alive. Thank you again for introducing Roger to this book and a new start for health for both of us. Have a great day, Carolyn Schellenberger

We have found many of our patients don't drink enough fluids. When a person is exercising, increasing fluid consumption is particularly important. Hot weather also increases the need for more fluids.

Adult Down Syndrome Center

DRINKING MORE FLUIDS

Name _____ Date _____

We recommend you drink more fluids. We recommend you drink at least 6 to 8 cups (cup = 8 ounces) of fluid per day. You will need to monitor your fluid intake to make sure you are getting this amount.

All liquids are to be considered fluids. These include the following:

Water	Coffee
Tea	Fruit drinks

Carbonated beverages	Soups
Milk	Fruit juices

Not all fluid is obvious. Any item that begins as a liquid is counted as a fluid. These include the following:

Ice	Ice cream
Ice Milk	Sherbet
Popsicles	Gelatin
Italian ice	

To avoid undesired weight gain, we recommend working on increasing fluids by using liquids that don't have calories-particularly water.

Measuring fluids

To help you develop an understanding of the amount of fluid you are drinking, we have included some standard measures.

c = cup	Q = quart
oz = ounce	l = liter
cc = cubic centimeter	tbsp = tablespoon
pt = pint	tsp = teaspoon
ml = milliliter	

1 ml = 1 cc

1 oz = 30 ml

1 tsp = 5 ml

1 tbsp = 15 ml = 3 tsp = ½ ounce

¼ cup = 60 ml = 4 tbsp = 2 ounces

½ cup = 120 ml = 8 tbsp = 4 ounces

¾ cup = 180 ml = 12 tbsp = 6 ounces

one cup = 240 ml = 16 tbsp = 8 ounces

one pint = 2 cups = 480 ml = 32 tbsp = 16 ounces

one quart = 4 cups = 960 ml = 64 tbsp = 32 ounces

½ gallon = 2 quarts = 8 cups = 1920 ml = 128 tbsp = 64 ounces

one gallon = 4 quarts = 16 cups = 3840 ml = 256 tbsp = 128 ounces

one liter = 1000 ml = 4.2 cups
 two liters = 2000 ml = 8.4 cups

A cup refers to a standard 8 oz measuring cup. All glasses and coffee cups vary in size and are not necessarily standard. Tsp and Tbsp refer to standardized measuring spoons used for cooking.

To drink eight 8-oz cups daily, one has to drink $\frac{1}{2}$ gallon or about 2 liters.

Sample fluid measures:

	Portion	Fluid measure
Carbonated beverages	12 oz	1 $\frac{1}{2}$ cup or 360 ml
Clear broth	6 oz	$\frac{3}{4}$ cup or 180 ml
Coffee/tea	8 oz	1 cup or 240 ml
	6 oz	$\frac{3}{4}$ cup or 180 ml
	4 oz	$\frac{1}{2}$ cup or 120 ml
Gelatin, fruited	$\frac{1}{2}$ cup	2 oz or 60 ml
Gelatin, plain	$\frac{1}{2}$ cup	4 oz or 120 ml
Ice cream	$\frac{1}{2}$ cup	2 oz or 60 ml
Italian ice	$\frac{1}{2}$ cup	2 $\frac{1}{2}$ oz or 75 ml
Milk	One cup	8 oz or 240 ml
	$\frac{1}{2}$ cup	4 oz or 120 ml
Popsicle	One whole	2 $\frac{1}{2}$ oz or 75 ml
Sherbet	$\frac{1}{2}$ cup	2 oz or 60 ml
Cream soup	6 oz	$\frac{3}{4}$ cup or 175 ml
Soup with noodles, rice	6 oz	$\frac{1}{2}$ cup or 120 ml
Water	8 oz	1 cup or 240 ml
	6 oz	$\frac{3}{4}$ cup or 180 ml
	4 oz	$\frac{1}{2}$ cup or 120 ml
	2 oz	$\frac{1}{4}$ cup or 60 ml
	Typical water bottle	$\frac{1}{2}$ liter, 500 ml, or 2.1 cups

It is important to add additional fluids to compensate for water loss during exercise. One way to calculate your needs is to weigh yourself before and after an exercise session. For example, say you walk 2 miles and lose one

pound (that weight loss is primarily from water loss). One pound is equal to 0.45 liters (about 2 cups) of water. Therefore, before, during, or after that walk, you should drink about 2 more cups of fluids than the 8 cups you are already drinking that day. You can estimate your fluid needs for different amounts of exercise. Keep in mind that hot days will require even more fluids.