

## Sodium's Role in Hydration

While excessive sodium intake can lead to high blood pressure, heart disease, and stroke, sodium is essential for bodily functions. Sodium, commonly consumed as sodium chloride (table salt), helps maintain cellular hydration by balancing fluids in cells and aiding their transport throughout the body.

The human body needs about 500 milligrams of sodium daily for vital functions. However, most Americans consume over 3,400 milligrams per day, far exceeding the recommended 2,300 milligrams. This overconsumption can cause dehydration and strain blood vessels, leading to heart complications. Conversely, too little sodium can also cause dehydration, leading to symptoms like sluggishness and confusion, and in severe cases, coma or death.

To maintain a balanced sodium intake, read nutritional labels, cook at home, make your own sauces, eat more fruits and vegetables, and choose low-sodium options when dining out. Pairing the right amount of sodium with adequate water intake ensures optimal hydration and cellular function.



**Sodium helps with cellular hydration**

## Ways to Overcome Weight Gain

Losing weight can be challenging, with many people trying various methods without success. About 45% of people globally reported trying to lose weight. Success in weight loss requires a change in mindset, along with diet and exercise.

Common mistakes include:

- Consuming too many or too few calories
- Relying on processed diet foods
- Not eating enough fiber
- Eating when not hungry
- Having unrealistic expectations

To build resilience, set realistic goals, journal your actions, learn from setbacks, and use positive affirmations. Weight loss demands patience and endurance, but with a strong mindset and by avoiding common pitfalls, long-lasting results can be achieved.



**by maintaining a balance of fluid in cells.**

## BENEFIT SPOTLIGHT

### Give, Save, Spend: How to Adopt Healthy Financial Habits

Many Americans work to pay off past debts rather than save for the future, with the average debt per person in 2023 being \$103,215. Despite this, it's possible to reduce debt and develop healthy financial habits. Saving for future needs like buying a house, retirement, and emergencies is crucial. Start small, save unexpected money, automate savings, and audit your budget to cut unnecessary expenses.

Spending wisely involves:

- Creating a budget
- Tracking spending
- Removing unnecessary expenses
- Switching to cheaper phone plans
- Refinancing loans
- Paying off debt early

The 50/30/20 rule can help manage income: 50% for essentials, 30% for extras, and 20% for savings and debt. Additionally, giving to charity can boost happiness and well-being, as studies show that frequent giving increases joy. Balancing saving, spending wisely, and giving can lead to financial stability and personal satisfaction.

