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# Alive With Pride

August 2016

Volume 2 Issue 11

### Special points of interest:

- **Belly fat in Men**
- **6 reasons to Drink Water**
- **Manager's Corner**

*If you have a water emergency after-hours, weekends or on holidays, please call us at*

**870.633.1571**



Robert Davis 08/08

Matthew Gregory 08/12

**ASK ABOUT E-BILLING:** Get your water bill sent to you through your email.

## Belly fat in men: Why weight loss matters

By Mayo Clinic Staff

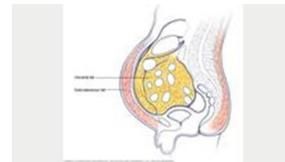
If you're carrying a few extra pounds, you're not alone. But this is one case where following the crowd isn't a good idea. Carrying extra weight — especially belly fat — can be risky.

The trouble with belly fat is that it's not limited to the extra layer of padding located just below the skin (subcutaneous fat). It also includes visceral fat — which lies deep inside your abdomen, surrounding your internal organs.

Regardless of your overall weight, having a large

amount of belly fat increases your risk of:

- Cardiovascular disease
- Insulin resistance and type 2 diabetes
- Colorectal cancer



- Sleep apnea
- Premature death from any cause
- High blood pressure

**Age and genetics may contribute to gaining belly fat**

Your weight is largely determined by how you balance the calories you eat with the energy you burn. If you eat too much and exercise too little, you're likely to pack on excess pounds — including belly fat.

Aging does play a role too. As you age, you lose muscle — especially if you're not physically active. Loss of muscle mass decreases the rate at which your body uses calories, which can make it more challenging to maintain a healthy weight. According to the 2015-2020 Dietary Guidelines for Americans, men in their 50s need about 200 fewer calories daily than they

## 6 Reasons to Drink Water

Americans seem to carry bottled water everywhere they go these days. In fact, it has become the second most popular drink (behind soft drinks). But water lovers got a jolt recently when we heard that a new report had found that the benefits of drinking water may have been oversold. Apparently, the old suggestion to drink eight glasses a day was nothing more than a guideline, not based on scientific evidence.

But don't put your water bottle or glass down just yet. While we may not need eight glasses, there are plenty of reasons to drink water. In fact, drinking water (either plain or in the form of other fluids or foods) is essential to your health.

"Think of water as a nutrient your body needs that is present in liquids, plain water, and foods. All of these are

essential daily to replace the large amounts of water lost each day," says Joan Koelemay, RD, dietitian for the Beverage Institute, an industry group.

Kaiser Permanente nephrologist Steven Guest, MD, agrees: "Fluid losses occur continuously, from [skin](#) evaporation, breathing, urine, and stool, and these losses must be

## Alive with Pride

do in their 30s due to this muscle loss

### Alcohol's calories contribute to beer belly

Drinking excess alcohol can cause you to gain belly fat — the beer belly. However, beer alone isn't to blame. Drinking too much alcohol of any kind can increase belly fat, because alcohol contains calories. Although some research suggests wine might be an exception, if you drink alcohol, do so only in moderation

### Determining your belly size

So how do you know if you

# Belly Fat in Men Continued

have too much belly fat? Measure your waist:

- Stand and place a tape measure around your bare stomach, just above your hipbone.
- Pull the tape measure until it fits snugly around you, but doesn't push into your skin. Make sure the tape measure is level all the way around.
- Relax, exhale and measure your waist, resisting the urge to suck in your stomach. For men, a waist measurement of more than 40

inches (102 centimeters) indicates an unhealthy concentration of belly fat and a greater risk of health problems.

### Losing weight and exercising will shrink your middle

You can tone abdominal muscles with crunches or other targeted abdominal exercises, but just doing these exercises won't get rid of belly fat. However, visceral fat responds to the same diet and exercise strategies that can help you shed excess

pounds and lower your total body fat.

### To battle the bulge:

#### Eat a healthy diet.

#### Keep portion sizes in check

#### Replace sugary beverages.

#### Include physical activity in your daily routine.

Losing belly fat takes effort and patience. To lose excess fat and keep it from coming back, aim for slow and steady weight loss. Consult your doctor for help getting started and staying on track.

## 6 Reasons to Drink Water Continued

replaced daily for good health," he says.

1. **Drinking Water Helps Maintain the Balance of Body Fluids.** Your body is composed of about 60% water. The functions of these bodily fluids include digestion, absorption, circulation, creation of [saliva](#), transportation of [nutrients](#), and maintenance of [body temperature](#).
2. **Water Can Help Control Calories.** For years, dieters

have been drinking lots of water as a weight loss strategy. While water doesn't have any magical effect on weight loss, substituting it for higher calorie beverages can certainly help.

3. **Water Helps Energize Muscles.** Cells that don't maintain their balance of fluids and [electrolytes](#) shrivel, which can result in muscle [fatigue](#). "When muscle cells don't have adequate fluids, they don't work as well and performance can suffer," says

Guest.

4. **Water Helps Keep Skin Looking Good.** Your skin contains plenty of water, and functions as a protective barrier to prevent excess fluid loss. But don't expect over-[hydration](#) to erase [wrinkles](#) or fine lines, says Atlanta dermatologist Kenneth Ellner, MD.
5. **Water Helps Your Kidneys.** Body fluids transport waste products in and out of cells. The main toxin in the body is [blood urea nitrogen](#), a water-soluble waste that is able to pass through the kidneys to be ex-

creted in the urine, explains Guest. "Your kidneys do an amazing job of cleansing and ridding your body of toxins as long as your intake of fluids is adequate," he says.

6. **Water Helps Maintain Normal Bowel Function.** Adequate hydration keeps things flowing along your gastrointestinal tract and prevents [constipation](#). When you don't get enough fluid, the [colon](#) pulls water from stools to maintain hydration -- and the result is [constipation](#).

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# ADEQ

ARKANSAS  
Department of Environmental Quality

## Manager's Corner

Legacy: By definition is to bequest or pass on which was received from predecessors. This is undoubtedly one of human kinds highest striving, the desire to leave a lasting legacy. You may ask the question, What does legacy have to do with water? Well I'm glad you

asked! The life sustaining substance that we can not live without. We must develop a culture that has an understanding and appreciation for our water and water source and actively work to protect and sustain them. So our struggles continue to develop and perpetu-

ate a culture of excellence in all our endeavors to ensure that when all else fails, the hearts and minds will remain true and faithful to our present assignment, "Creating a Lasting Legacy."  
W.H. Calvin Murdock,  
Manager