

HYDRATION

Why stay hydrated?

Your body depends on water to live. Every cell, tissue, and organ in your body needs water to work properly. Our body uses water daily to regulate temperature, remove waste, control blood pressure, and lubricate joints.

How does my body lose water?

Over 75% of our bodies are made up of water. You lose water every day when you go to the restroom, sweat, and even when you breathe. You can lose water even faster when the weather is hot, when you exercise, or if you get sick.

How do I know if I am dehydrated?

The most common symptoms of dehydration include:

- Little urine production or urine that is darker than usual
- Dry mouth
- Sleepiness
- Extreme thirst
- Headache
- Confusion
- Dizziness
- No tears when crying

Aim for around
6-8 glasses of
fluid a day

Tips to Stay Hydrated

Add a fun straw to drinks

Carry a water bottle

Add lemon/lime or pieces of
fruits to water

Make a drinking schedule

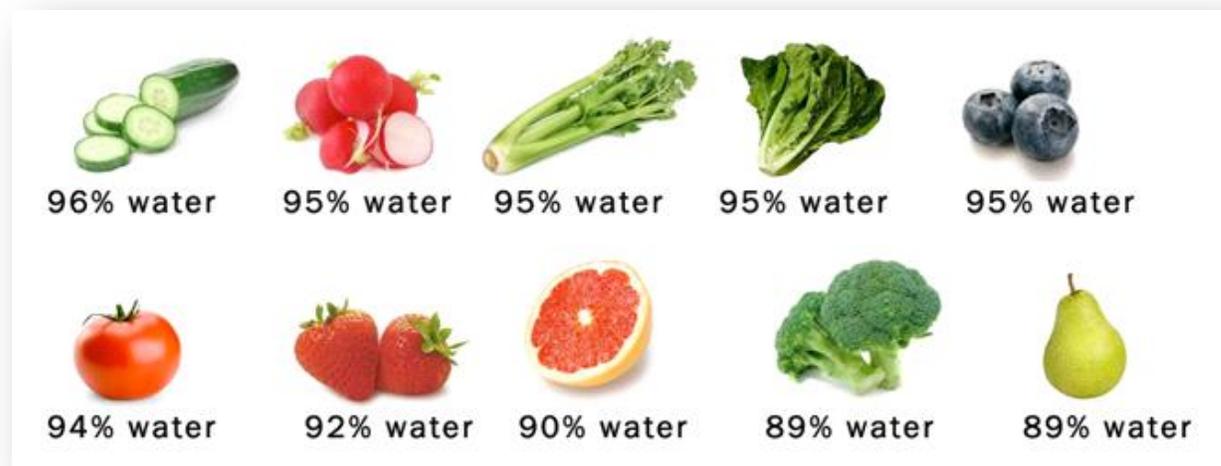


TOP 10 FACTS ABOUT HYDRATION

1. Water composes 75% of all muscle tissue and 25% of all fatty tissue.
2. In one hour of exercise, the body can lose more than a quart of water.
3. Dehydration leads to muscle fatigue, cramping, and lack of coordination.
4. A dehydrated body is unable to cool itself, leading to heat exhaustion and possibly heat stroke.
5. Thirst is a signal that your body is already on its way to dehydration.
6. To prevent dehydration you must drink before, during, and after physical activity.
7. Both caffeine and alcohol have diuretic effects and can lead to excess water loss.
8. Other water sources include fruits, juices, soups, and vegetables.
9. The color of your urine can indicate your hydration status.
10. It's important to drink water throughout the day.

What are other sources of water?

Besides being good sources of vitamins, minerals, and fiber, some fruits and vegetables are excellent sources of water. For example, oranges are 90% water, and cucumbers are 96% water. Incorporating fruits and vegetables into your diet can help promote adequate hydration.



What should I drink when I exercise?

Water is the recommended drink of choice for daily hydration and activities lasting less than one hour. If you plan to exercise for longer than an hour, you may need to hydrate with a sports drink. These replace not only fluid, but also minerals like sodium and potassium, which are lost through sweating. Alcoholic and caffeinated beverages, such as coffee, teas, and colas, are not recommended for optimal hydration. In addition to adding extra sugar and calories, these drinks tend to pull water from the body and promote dehydration.

Strawberry, Lime, Cucumber and Mint Water

Total Time: 10 minutes Serving Size: ½ gallon

Ingredients

- 1 cup sliced strawberries
- 1 cup sliced cucumbers
- 2 limes, sliced
- 1/4 cup fresh mint leaves
- Ice cubes
- Water

Instructions

In a half-gallon pitcher, layer the strawberries, cucumbers, lime slices, and mint leaves with the ice cubes, then fill with water. Let chill for 10 minutes and enjoy.

