

HYDRATION 101

To keep hydrated, the best drink of choice is water. Did you know, 60-70% of our body is water? Water is very important for our best health. Every day, we lose water from urine, sweat, bowel movements, and even breathing. Caffeine and alcohol can also cause water loss in urine.

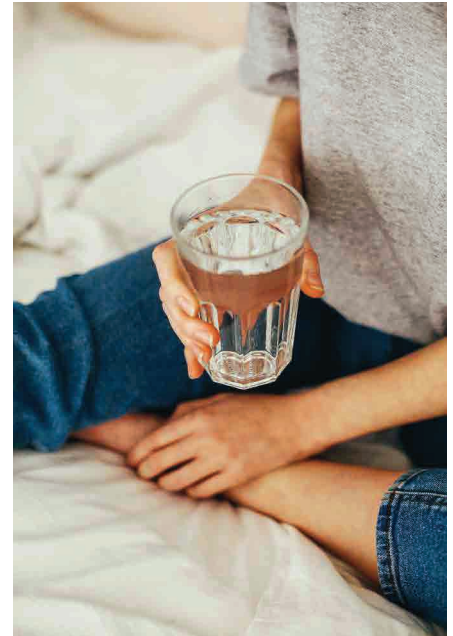
YOU MAY NEED MORE WATER IF YOU:

- Live in a hotter and/or drier climate
- Exercise and/or sweat
- Are vomiting or have diarrhea (loose/watery stool)
- Have a fever – temperature 100.4°F (38°C) or higher

When we don't drink enough water we get dehydrated. This could cause kidney problems, low blood pressure, and even seizures.

SIGNS OF DEHYDRATION:

- Thirst
- Dry mouth and/or skin
- Headache
- Feeling tired
- Feeling dizzy
- Feeling confused
- Fast heart rate and breathing



THE AMOUNT OF WATER YOU NEED EACH DAY IS UNIQUE AND DEPENDS ON YOUR ACTIVITY AND THE CLIMATE YOU LIVE IN.

- Monitor your urine color
 - Clear or light-yellow colored urine (the color of straw) means good hydration
 - Dark-colored urine (the color of apple juice) means dehydration
- Monitor your thirst
 - Thirst can decrease with age. For this reason, it is very important to be mindful!
 - Set alarms for a reminder to drink water
 - Carry a re-usable water bottle with you everywhere you go

TIP: Make sure to wash out your reusable water bottle daily!

If you have a medical condition, such as kidney, heart, or liver problems, you may require a restriction of your daily fluid intake. Talk with your doctor for further information.