



Water Time is Anytime

Drinking water is essential to your health. Every day you lose large amounts of water that you need to replenish. Water helps your body in so many ways:

- It supplies nutrients and helps remove waste.
- It maintains blood circulation and helps muscles work efficiently.
- It's needed for organs in your body, like your brain, kidneys, intestines, and your joints.
- It can aid weight loss.
- It may protect against some types of cancer.
- It can improve your mood.
- It helps to maintain your body temperature.

LOOK OUT FOR OTHERS

While staying hydrated is important for everyone, people at highest risk of becoming dehydrated and susceptible to heat-related illnesses are adults over age 65 and children under two years old. Remember, your pets also need protection from dehydration and heat-related illnesses.

Always keep plenty of water at hand, wear hats, and find shade when the temperatures are high. And don't leave anyone (or pets) in the car on a hot day.

When your water intake does not equal your output, you can become dehydrated. Mild dehydration can make you feel tired and sluggish and can impact your mental and physical capabilities. In extreme cases, it can harm your health. So, keep a bottle or glass of water handy to sip on throughout the day.



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FLUIDS AND EXERCISE

Exercise is good for you and when you exercise, you need to stay hydrated. Here are some important tips:

- About an hour before you exercise, drink one or two glasses of water.
- During and after exercise, drink when you're thirsty.
- If you're exercising for less than 90 minutes, water is best when it comes to replenishing lost fluids.
- For longer exercise periods, try sports drinks like Gatorade, which replenish the sodium and potassium your muscles need and have low amounts of carbohydrates. That's important because other choices, like soft drinks and fruit juices, which are higher in carbohydrates, interfere with your body's absorption of fluids. Another good option is coconut water, which is a natural sports drink—high in potassium (good), not a lot of sodium (also good), and low in carbs.
- Avoid alcohol after your workouts as it will dehydrate your body.
- Also avoid coffee and colas, which have caffeine that increases metabolic heat in the body.



When the weather is hot, you need to be extra careful about staying hydrated, especially when it's humid. Heat and humidity combine to slow down the evaporation of sweat from the body, so outdoor exercise becomes dangerous, even for people in good shape. To cope with hot weather, here are some suggestions:

- Drink plenty of water to avoid dehydration.
- Slow down and cool off when you feel fatigued, have a headache, have a high pulse rate or shallow breathing.
- If the weather is hot, drink more water than usual and don't wait until you're thirsty to drink.
- Schedule workouts early or late in the day because temperatures are cooler at those times, compared to midday.
- Wear loose, lightweight, light-colored clothing, and sunscreen. Cotton clothing will keep you cooler than many synthetics.



Enjoy staying hydrated with fruit-infused water!



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