

# MedBen WellCare

benefitness for you.

Vol. 8, No. 7

August 2020

## When the Weather Gets Hot, Get Hydrated

Dehydration can cause serious health troubles, from chronic fatigue to suppressed immunity – and during the warm summer months, we are much more susceptible to these risks. Fortunately, side effects associated with dehydration can be averted simply by drinking adequate amounts of water.

As the temperature outside increases, your body attempts to regulate its own internal temperature through sweating. Electrolytes – minerals in your body that help to keep you energized and functioning properly – get depleted with sweating. Drinking more water (at least 8-10 glasses versus the standard 7-8 glasses) while engaging in activities that make you sweat will help to ensure the body stays properly hydrated.

Furthermore, dehydration can make it difficult to produce the energy that is needed to keep you moving. Water can help combat fatigue or pull you out of those low-energy slumps.

One final noteworthy benefit of proper hydration is that it helps to boost your immunity and oxygenate your cells. This aids your body in its fight against toxins and other foreign substances, including viruses such as COVID-19.

As always, if you have any questions or concerns about hydration or believe you are showing symptoms associated with chronic dehydration, schedule a visit with your family doctor. They can help you determine if water can help you to improve your health or if other testing is required.



## For Health Improvement, Just Add Water

Stay hydrated and healthy by following these helpful hints.

- Have a glass of water with each snack or meal as well as whenever you feel hungry or thirsty.
- Carry a water bottle as a visual reminder to drink water. If you have trouble remembering, set an alarm to remind you.
- Eat fruits and vegetables with high water content. This can add up to be 20% of your water consumption.
- Add a slice of fruit to your water to change it up. Lemon, lime, and cucumber are common options.
- Be sure to drink more water during exercise. This is the time when you are mostly likely to lose water.
- Track water consumption and make a goal. Having a goal helps to keep you motivated.



SOURCES: Healthline, Indushealthplus.com, Mayo Clinic, WebMD