

Hydration in the Summer Heat

The Hype About Hydration

Summer is a great time to be outside – but proper precautions must be taken. It is especially important to **stay hydrated** as temperatures rise. **Dehydration** can be a serious condition that can lead to problems ranging from swollen feet or a headache to life-threatening illnesses such as heat stroke. Heat-related deaths and illness are **preventable**, yet **more than 700 people** die from extreme heat every year in the United States. Keeping the body hydrated regulates body temperature, keeps joints lubricated, prevents infections, and delivers nutrients to cells.

IMPORTANCE OF HYDRATION

Proper hydration allows your body to cool down and remove waste. Drinking water and eating foods with high water content will help you stay cool and hydrated during these hot summer months.



SYMPTOMS OF DEHYDRATION

- THIRST
- DIZZINESS
- CONFUSION
- FATIGUE
- DRY SKIN/MOUTH
- LESS FREQUENT URINATION
- INCREASED HEART RATE

- 💧 DRINK AT LEAST 64 OUNCES OF WATER PER DAY
- 💧 KEEP A WATER BOTTLE NEARBY AS A REMINDER
- 💧 DO NOT WAIT UNTIL YOU ARE THIRSTY TO DRINK
- 💧 DRINK BEFORE, DURING, AND AFTER EXERCISE
- 💧 ADD FRUIT TO YOUR WATER TO CHANGE IT UP
- 💧 EAT FRUIT & VEGGIES WITH HIGH WATER CONTENT
- 💧 MINIMIZE CAFFEINE & ALCOHOL INTAKE

SOURCES: American Heart Association, Centers for Disease Control & Prevention, Harvard School of Public Health