

STAY HYDRATED!



WHY WE NEED WATER

We need water to help maintain body functions and to prevent dehydration. Dehydration occurs when cells don't have enough water to work properly. Dehydration can cause fatigue, headache, confusion, and weakness.

HOW MUCH WATER WE NEED

An easy way to tell if we are hydrated is to look at our urine. It should be the color of lemonade. If it's the color of apple juice or iced tea, then we know it's time to drink more water.

HIGH WATER CONTENT FOODS



Cucumber	Cantaloupe
Lettuce	Peaches
Celery	Cranberries
Tomatoes	Oranges
Zucchini	Pineapple
Watermelon	Blueberries
Strawberries	Apples
Grapefruit	Spinach

WHY WE BECOME THIRSTY

Thirst is the first sign of dehydration. It is the body's way of saying, "I need water!" As we age, however, our ability to sense thirst is diminished, so seniors cannot depend on the usual signals because of a reduced sense of thirst. Drinking fluids throughout the day, especially water, will decrease your risk of becoming dehydrated.

HOW TO KEEP YOUR COOL DURING THE HOT DAYS OF SUMMER!

- ▶ Stay out of direct sunlight and avoid strenuous activity (especially between the hours of 11am-2pm) when the sun is at its peak. If exercising, do so during the cooler morning hours.
- ▶ Wear light-colored, light-weight clothing that permits sweat to evaporate. Wear a hat with a brim to block out the hot sun rays. And don't forget your sunglasses!
- ▶ Use products with a sun protective factor (SPF) of 15 or higher to block out the burning rays of the sun. Look for water-resistant products if you sweat or partake in water activities.