

# STAY HYDRATED!

## WHY DO WE GET THIRSTY?

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

## WHY DO WE NEED WATER?

We need water to help maintain our body functions and to prevent dehydration! Dehydration occurs when our cells don't have enough water to work properly and can make you feel fatigued, confused, weak, and cause you to have headaches.

## HOW MUCH DO WE NEED?

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

## FACT VS MYTH: BENEFITS OF DRINKING WATER

### MYTH

Everyone **MUST** drink 8 glasses of water a day

Water is the only drink that meets hydration needs

Coffee and tea are dehydrating and can't be counted towards your daily fluid intake.

### FACT

Fluid needs are different for everyone and depend on body weight and level of activity. For example, a 200 lb athlete needs more water than a sedentary 80 year old individual.

All beverages and many foods like fruits, soups, and gelatin contribute fluid to your body.

Research shows that caffeine in beverages doesn't cause dehydration and these beverages are a good-tasting way to get fluids. However, for general health, it is advised that you drink fluids without adding unnecessary calories or sugar; therefore, you should avoid soda, energy drinks, & fruit punches.

### FRUITS CAN ALSO HELP YOU STAY HYDRATED!

- **Watermelon**
- **Strawberries**
- **Blueberries**
- **Grapefruit**
- **Apples**
- **Cantaloupe**
- **Honeydew**

## TIPS TO KEEP YOUR COOL THIS SUMMER!

### STAY OUT OF DIRECT SUNLIGHT & AVOID STRENUOUS ACTIVITY

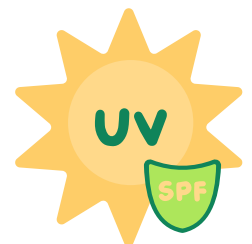
Especially between the hours of 11 AM – 2 PM when the sun is at its peak! If exercising, do so during the cooler morning hours.

### WEAR LIGHT-WEIGHT, LIGHT-COLORED CLOTHING.

Clothing that permits sweat to evaporate. Wear a hat with a brim to block out the hot sun rays. Don't forget your sunglasses!

### DON'T FORGET TO WEAR YOUR SUNSCREEN (SPF 15+)

Wear products with a protective factor (SPF) of 15 or higher to block out the burning rays of the sun. Use water-resistant products if you sweat or partake in water activities.



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