

Here's To Hydration!

Water is a major part of our body fluids that transport nutrients and carries waste away from body cells. It helps regulate body temperature by distributing heat and cooling the body through perspiration. Inadequate fluid intake combined with vigorous exercise and heavy perspiration can lead to heat injury, ranging in severity from mild heat cramps to heat exhaustion or even heatstroke.

Early Signs of Dehydration

- Fatigue
- Loss of appetite
- Flushed skin
- Heat intolerance
- Light-headedness
- Dark-colored urine
- Dry cough
- Headache



What If I'm Dehydrated?

If you're a healthy adult, you can usually treat mild to moderate dehydration by drinking more fluids. Get immediate medical care if you develop severe signs and symptoms such as extreme thirst, no urination for eight hours, shriveled skin, dizziness and confusion.

What To Drink and When



Begin hydrating about 2 hours before outside activity, and continue to drink fluids during and afterwards. Drink extra water in hot or humid weather to help lower body temperature and replace what is lost through sweating. If exercising longer than one hour, you may want to hydrate with some kind of sports drink to replace sodium and potassium, which are lost through perspiration. Alcoholic and caffeinated beverages are *not* recommended for optimal hydration.

