

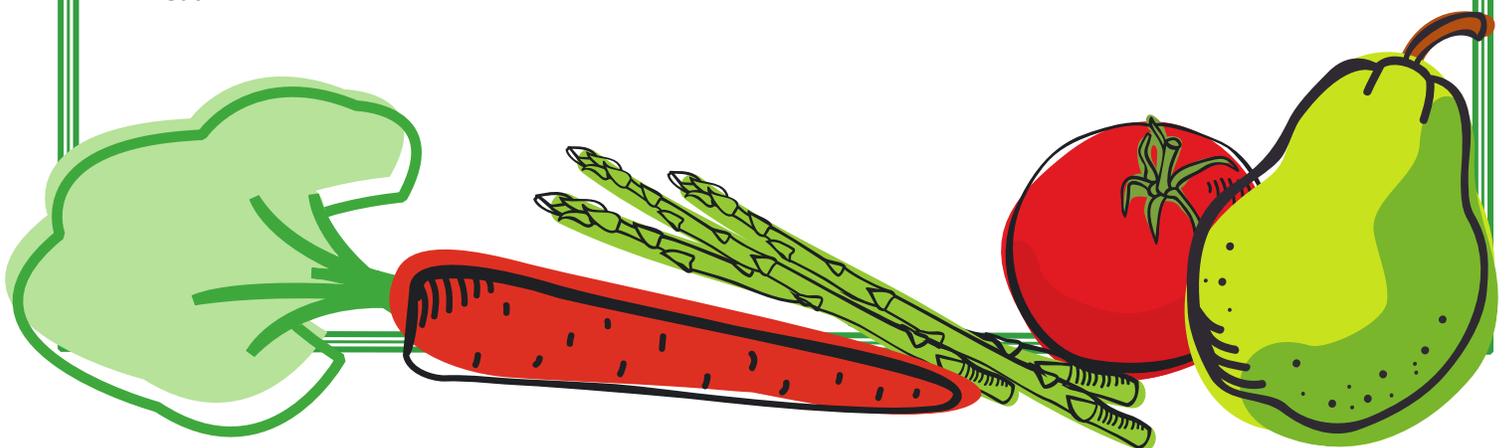


Staying Hydrated in the Summer

The summer is full of many exciting outdoor activities and adventures. With the sun beating down, watch out for sunburn, and keep track of your water intake. Dehydration is caused when your body does not have as much water as it needs. In the heat in the summer it is easy to lose a lot of your body's fluids through sweating. The body is about 60% water, so it is no surprise that you need a lot of water throughout the day! The amount of water you need varies depending on age, gender, and amount of physical activity. By the time you are thirsty you are well on your way to being dehydrated. So do your best to stay hydrated:

- Drink a glass of water every morning: After waking up, drinking a glass of water can start your day off right with great hydration for your body as well as help you to feel more alert and focused.
- Flavor water with fruit: This will make it more enjoyable to drink when you are craving a flavored beverage.
- Carry a reusable water bottle with you everywhere you go! This way you will be more likely to drink it. Water is very important to drink throughout the day. Remember to clean out your water bottle regularly to avoid a build-up of germs. Also, do not drink out of plastic water bottles that have been left in a hot car for a long period of time because the heat allows chemicals to be released into the water. These are not good for your health.
- Eat lots of fruit and vegetables: Produce has a high water content, so eating a variety of fruits and vegetables will contribute to your overall hydration. For example, an apple is around 84% water and a cucumber is about 96% water.

If you feel like you may be dehydrated take action immediately. Drink water and rest away from the heat.



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