



Stay Refreshed and Hydrated This Summer!

With the hot, humid weather and an increase in outdoor activities it is easy to become dehydrated in the summer. That's why it is important to consume enough fluids to keep you hydrated and refreshed.

Water is by far the best fluid to choose to keep your body hydrated. Water is the second most important nutrient in the body next to oxygen. Water helps transport nutrients to, and waste products from body cells. During exercise, water is crucial for energy production. It also regulates body temperature and keeps our skin looking young. So drink up!

How much water do you need?

On average, a person should drink eight 8-ounce glasses every day. That's about 2 quarts. However, the overweight person needs one additional glass for every 25 pounds of excess weight. You also need to drink more water in hot weather or when you are more active.

If you are very active, here are some recommendations for how much water to consume prior to, during, and after physical activity.

When to Drink (cool water)	How much
30 minutes before physical activity	250-400mL (8-13 ounces)
During physical activity, every 15-20 min	90-250 mL (3-8 ounces)
After physical activity	500 mL (16 ounces) for every ½ kg (1 lb) lost during physical activity (drink gradually)

Middlesex London Health Unit

What about other fluids?

Soft drinks, sports drinks, energy drinks and alcoholic beverages can add a significant amount of calories to your diet and don't count as a serving of water. In fact, some of these drinks may contain caffeine or sodium and which can cause dehydration. One cup of juice or a tea can contribute to one serving of water per day, but it should be 100% natural juice, otherwise it is likely full of sugar.

If you are tired of just plain old water try adding some fruit slices to water, or use frozen berries as ice cubes in your water for extra flavour. You can also try making your own sugar free Ice Tea at home to cut out calories and add variety to your fluid intake this summer!

Homemade Ice Tea: Simply combine 6 cups (1.5L) of water with 5 bags of your favourite tea; let stand, covered, overnight. Strain and pour into glasses, adding ice cubes, a lemon slice, and if you desire more sweetness you can add a sugar substitute or a slice of orange. Stir and serve!