

Summer Hydration

With summer kicking into high gear, it's especially important to prepare your body for it. Healthy eating and exercise always go hand-in-hand but many forget that **hydration** is just as important!



Water

Water is one of the most important components of our daily diets. Water helps lubricate internal surfaces, flushes toxins through the kidneys, transports nutrients throughout the body, maintains healthy blood pressure, regulates body temperature and sustains healthy vital organs.

Danger of Dehydration

Dehydration can happen at any time of the year in any weather condition. Summer seems to bring on more instances of dehydration due to larger losses of body fluid through sweating.

The best way to tell if you are dehydrated is to **check your urine**. If your urine is pale to very clear it is a good indication that you are well hydrated, while darker, more concentrated urine suggest you may be dehydrated.

Symptoms of Dehydration:

- Dry mouth
- Headache
- Nausea
- Vomiting
- Irritability
- Tiredness
- Decreased urination
- Constipation
- Dizziness
- Fever
- Delirium

Water Consumptions Recommendations

The National Institute of Medicine recommends about **3 liters of fluid for males and 2 liters for women**. This includes all beverages like coffee, juice, water, tea, milk etc. The general recommendation for eight 8 oz glasses of water is around 1.9 liters.

Get Active, Drink Water

Summer is a great opportunity to take advantage of the outdoors. Proper hydration is essential to performance and to preventing fatigue or muscle cramps. Sports beverages may be needed through strenuous exercise and excessive fluid and electrolyte losses through sweat.

| 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

Practical Tips to Drink More Water

- Track it.** Know how much water your water bottle or glass contains so you know how many glasses you need to drink throughout day.
- Keep it with you.** Bring your water bottle everywhere you go – car, desk, on the go.
- Drink, don't sip.** Sipping only 2 – 4 oz of water at a time will be a challenge to meet your goal. Drink more each time and don't wait until you are thirsty.
- Find a water bottle you love.** Having a water bottle that you find fun, interesting, and suited to your lifestyle can help significantly. Avoid plastic water bottles, and try a stainless steel one.
- Urine luck.** Your urine should be close to clear. If it has colour, drink more water. You should be urinating every 2 – 4 hours.

Resources: <http://eatdrinkbetter.com/>, <http://www.aqualivwater.com/>