

Summer Safety: Week 4 – Hydration

Here we are in the middle of summer – weeks of long, hot days with the temperature steadily rising. And while we all enjoy the beautiful, long, hot days, it is so important to ensure that you and your loved ones are staying properly hydrated in order to ward off potential problems from dehydration. Stay hydrated and stay safe!

Dehydration 101

Dehydration is defined as the *excessive loss of body fluids in which the body needs more fluids than are being input to function normally*. There are two types of fluid loss, **water loss and electrolyte loss**.

Electrolytes are substances that become ions in a solution and are able to conduct electricity. There are four main types of electrolytes found in the body:

- Sodium
- Potassium
- Chloride
- Bicarbonate

Some parts of the body are more “electrically wired” than others. The brain, nervous system and muscles are the most impacted by the loss of electrolytes. If you want to avoid health problems from dehydration, it’s important to listen to your body and drink water throughout the day. **Water** is the best way to prevent dehydration – you should be drinking 8-10 8oz glasses of water daily and this should increase in the warmer months when you are perspiring more.

Signs & Symptoms of Dehydration:

- Dry mouth
- Thirst
- Sleepiness
- Fatigue
- Dizziness

If you start experiencing the following signs, you may be suffering from severe dehydration and need to seek medical help immediately:

- **Extreme thirst**
- **Confusion**
- **Skin that won't 'bounce back'**
- **Rapid heartbeat**
- **Delirium**



Benefits of Water:

- Helps maintain balance of body fluids
- Can help control calories by keeping you feeling full
- Helps energize muscles
- Helps keep skin hydrated and thus, looking great!
- Helps kidneys function
- Helps maintain normal bowel function

DID YOU KNOW that **coconut water** is considered one of nature’s best hydrating drinks? It contains many things that contribute to hydration, such as amino acids, enzymes, growth factors and minerals.

The chemical makeup of coconut water is similar to our blood which makes it perfect to help our bodies recover from dehydration.

