

# ARE YOU FEELIN' HOT HOT HOT

## CREATIVE WAYS TO STAY HYDRATED

Water is not only a precious resource, it's also a life source! Approximately 60 percent of our body weight is water. Every cell, tissue, and organ in each system of our body relies on water to function properly – from flushing out toxins to circulating nutrients throughout our body. Even when we are not doing strenuous activity, we are still constantly losing water throughout the day. Especially in the heat of the summer months! Staying on top of your hydration with plain water can get boring and have you seeing hydration as a chore rather than a healthy lifestyle habit. There are creative ways to drink more water that can make hydration healthy, fun, and flavorful!

### SAFETY FIRST



### Signs 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. Here are some symptoms you may experience at the onset of mild dehydration.

- Tired/sleepy
- Headache
- Dry skin
- Dry mouth
- Dizziness
- Nausea
- Less frequent urination

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 suggests you may be dehydrated. Consult your physician who can properly assess your symptoms if you feel you may be dehydrated.

### SOURCES OF HYDRATION

It is recommended that healthy adults should be drinking between 9-12 glasses of water per day. Water is a critical nutrient but isn't only found in your glass. You can help to keep your body hydrated in a variety of ways.

#### EAT HYDRATING WATER RICH FOODS



#### INTRODUCE MORE FLUIDS INTO YOUR DAY



#### AVOID DIURETICS & FLUID LOSS



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Why do we crave fruit in the summer? Snacking on fruit throughout the day can be a great source of hydration in the summer months. Here are a few you may not normally think of!

**Radish:** At close to 95% water radishes offer hydration and a “zip” to your plate. A cruciferous vegetable high in phytonutrients and antioxidants, may have anti-cancer benefits. Add to salads, wraps, eggs or enjoy raw, grilled, or braised.

**Tomato:** High in lycopene and vitamin C, tomatoes are not only a hydrating food but also great for the skin in the heat of the summer. Add to anything grilled, enjoy in a salad, slice it up on a plate – at 94% water, tomatoes are easy to get onto your plate.

**Green Cabbage:** A storehouse of phytochemicals, cabbage is also 93% water! It's a fun crunchy addition to salads, stir fry, wraps, and burgers!



### INTRODUCE MORE FLUIDS IN YOUR DAY

Fruit & veggie infused water is a fun creative way to get your glasses in. Aside from being a beautiful looking summer beverage, there are many benefits of infused water.

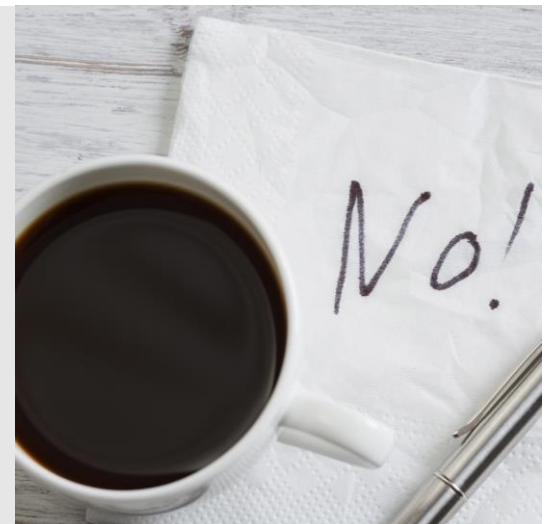
- ✓ You know exactly what is going in your cup.
- ✓ Naturally sweetened with additional health benefits from naturally occurring vitamins, minerals, and antioxidants rather than added sugar in soft drinks, sports drinks, and fruit juices.
- ✓ Inexpensive and economically friendly.
- ✓ Customizable, able to choose any flavour you desire.

Try some tasty combinations like blackberry with basil, lemon with cucumber and mint, or pineapple and beets!

### AVOID DIURETICS & FLUID LOSS

While almost all fluids can be considered hydrating to some degree, it is important to avoid overconsumption of certain herbs, teas, coffee, and soda which can act as mild diuretics. Green tea, and herbs such as dandelion, parsley, and ginger can have a slight diuretic effect. Alcohol is very dehydrating and causes your body to lose more fluid than normal through an increase in urination. Drink wisely when the weather is hot!

Keep your body temperature in a normal range to stop the loss of water through sweat – your body's natural means of cooling down. Wear lightweight materials and layers that can be removed when needed and keep your house cool with fans and air conditioning.

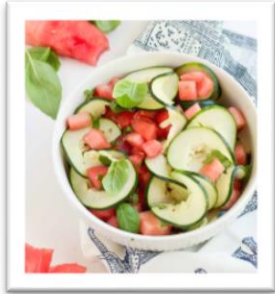


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## CREATIVE WAYS TO STAY HYDRATED

### REFRESH FROM THE INSIDE OUT

#### Watermelon Cucumber Salad



- 2 cups diced watermelon
- 1 cucumber sliced or spiraled
- ¼ cup chopped sweet basil
- ¼ cup 100% coconut water
- 1 teaspoon honey (optional)
- pinch of sea salt to taste

#### Directions:

1. In a large bowl, toss together all ingredients.
2. Chill for 30 minutes.
3. Serve chilled and topped with a basil leaf for garnish.

Nutrition Info Per Serving: Fat: 0.2g Chol: 0g Sodium: 25g, Protein: 1g Carb: 15g Fibre: 0.7g Sugar: 11g

Adapted from: <https://www.loveandzest.com/watermelon-cucumber-salad>

### Practical Tips to Drink More Water

**1. Track it.** Know how much water your water bottle or glass contains so you know how many glasses you need to drink throughout day.

**2. Keep it with you.** Bring your water bottle everywhere you go – car, desk, on the go.

**3. 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.

**4. 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.

**5. Urine luck.** Your urine should be close to clear. If it has colour, drink more water. You should be urinating every 2 – 4 hours.

### REFRESH FROM THE INSIDE OUT

#### Infused Water



- 1 cup sliced strawberries
- 1 cup sliced cucumbers
- 2 limes, sliced
- 1/4 cup fresh mint leaves
- Ice cubes
- Water or coconut water

#### Directions:

1. In a half-gallon jar, or a pitcher, layer the strawberries, cucumbers, lime slices, and mint leaves with the ice cubes.
2. Fill jar or pitcher with water.
3. Let chill for 10 minutes, and then enjoy!

Adapted from: <https://wholefully.com/strawberry-lime-cucumber-and-mint-water/>



Sources: <https://www.cancer.gov/about-cancer/causes-prevention/risk/diet/cruciferous-vegetables-fact-sheet>  
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