

RETHINK YOUR DRINK



How to Stay Hydrated

Tips & Tricks



Drink water – and plenty of it! Carry a refillable bottle with you so you can drink throughout the day. Track how much you're drinking to be sure you're getting enough. Getting bored of water? Infuse it with citrus, berries, or cucumbers.

Don't sip. It will be difficult to drink enough water if you're sipping only 2 to 4 oz of water at a time. Make a point to drink more each time you reach for your bottle.

Find a bottle you love. You're more likely to carry a bottle with you if it's fun and suits your lifestyle. Try a stainless-steel bottle, which will keep water colder for longer. No one wants to drink warm water when it's hot outside!

Know the signs of dehydration. Does your skin feel dry, irritated, or itchy? Have a headache or muscle cramps? Feel dizzy or fatigued? These are signs that it's time to get out of the heat and drink up.

Check your urine. A good measurement of hydration is the colour of your urine. Pale urine indicates proper hydration. Darker urine may mean you need more water. You should also be going every 2 to 4 hours.

Replenish when you sweat. Proper hydration means getting enough water before, during, and after exercise.

Cool down. Proper hydration isn't just about drinking water – it's about regulating your body temperature too. Wear a hat and light, breathable fabrics, find shade, and use a spray bottle.

Did You Know?

About 80% of our water intake comes from drinking water. The other 20% comes from food! All whole fruits and vegetables contain some water, but snack on these for maximum benefit. They all contain 90% water or more!

Cucumbers



Celery



Tomatoes



Lettuce



Peppers



Cauliflower



Watermelon



Spinach



Strawberries



Zucchini



Grapefruit



Sources www.frederickhealth.org/news/2019/june/10-tips-for-staying-hydrated-during-the-summer-h/
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