

Get Fit- Stay Fit Hydration All Year-Round

Although more obvious during hotter months, many people do not recognize the risk for heat stress and dehydration **all year round**. In hot and humid weather, your body perspires more to aid in evaporative cooling. In the winter, the dry air often achieves the same cooling without visible sweating. Given the absence of perspiration, people tend to drink less water and therefore become more dehydrated in colder months. Drinking water provides a host of benefits from flushing your kidneys and aiding in weight loss to energizing muscles and lubricating joints. Know the facts to stay hydrated!

Did you know that eight glasses of water a day is no longer the recommendation of the Institute of Medicine of the National Academy of Science (IOM)?

- According to the IOM, adult men & women should aim for 11-16 cups of total fluids a day. More is required if you are active.
- Fluids can be in the form of drinking water, other beverages, and water-containing foods.

<http://www.iom.edu/Reports/2004/Dietary-Reference-Intakes-Water-Potassium-Sodium-Chloride-and-Sulfate.aspx>

Stay hydrated beyond your water bottle with these water-rich foods:

Green leafy vegetables
Melons
Cucumbers
Tomatoes
Citrus fruits

Symptoms of Dehydration:

- Dark yellow urine
- Decreased urine output
- Dry lips
- Dry mouth
- Thirst
- Decreased energy levels
- Headaches

Rule of Thumb: Not needing to empty your bladder for **four or more hours** is a sign that you are becoming dehydrated and need to drink more water.

