

## Hydration

Drinking fluids is essential for staying healthy and maintaining optimal function of every body system. Fluids carry nutrients to cells of the body, remove waste, and regulate body temperature. Being hydrated is crucial for healthy function of heart, brain, and muscles.

### Are you at risk for dehydration?

*Fluid needs vary for each individual:*

Increased body weight can call for high demands of fluids.

*Environmental conditions:*

High humidity can make it difficult for your body to evaporate sweat to properly cool you.

*Exercise intensity & exercise duration:*

High levels of exercise with multiple sessions can increase need for fluids.

### Are you dehydrated?

**Dehydration**—A large amount of body fluid is lost which impairs normal body function.

Symptoms:

- Decreased urine or dark yellow urine
- Dizziness
- Rapid heartbeat
- Cramping
- Rapid breathing
- Low energy
- Confusion
- Fainting

*May contribute to heat illness.*



### Tips:

Carry a refillable bottle with you to drink and refill throughout the day.

Drink a glass of water before meals

Drink a glass of water upon waking.