

Beat the Heat by Staying Hydrated



WELLCATS
Live. Work. Be Well.

Your body is made up of about 60% water! Water plays an important role in the following:

- 💧 Keeping the body cool
- 💧 Flushing out waste
- 💧 Muscle function
- 💧 Transporting nutrients
- 💧 Joint lubrication
- 💧 Protecting organs

What is dehydration?

Dehydration is a state of excessive water loss and can lead to overheating. Overheating can cause health issues, some of which are life threatening!

Central Texas is hot! This increases our chance of becoming dehydrated. While all are at risk of dehydration and overheating during the summer, older individuals may be at increased risk, because:

- Their body may be less able to retain water.
- Their sense of thirst is decreased.
- Their sweat response is slower, making them more likely to overheat.



Hydrating Tips: 2.

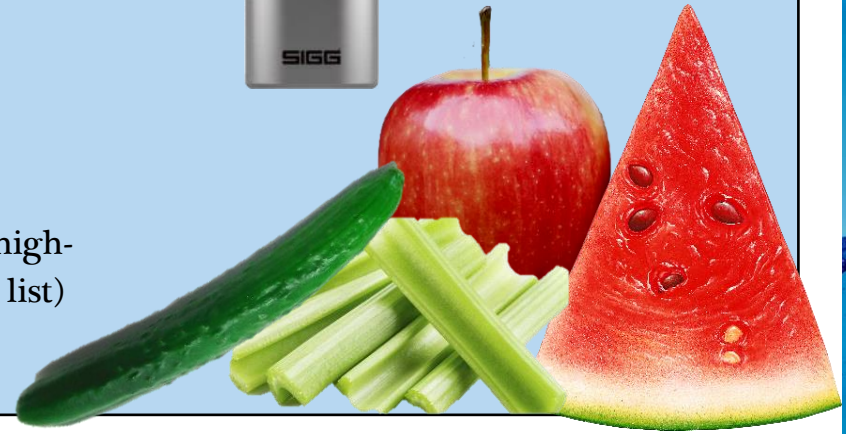


1. Make hydrating a habit:
Drink water in the morning, with each meal, and between meals.



Keep water with you:
Carry a water bottle with you when on the go. Instead of using plastic bottles, choose stainless or glass with a silicone sleeve. Plastic bottles may leech harmful chemicals into the water.

3. Hydrate with your snacks:
Snack on foods that have a high-water content. (See back for list)



Informative tidbits:

Drink before you're thirsty.

Becoming thirsty is a sign that you are already dehydrated. Try drinking water continuously throughout the day.

Weight loss.

Studies indicate that drinking adequate amounts of water, particularly before meals, may have weight loss benefits. And, when paired with a healthy diet, can produce greater weight loss.

Mental function.

Properly hydrating has been linked to good cognition and mental health.

Replace fluids.

Drink water before, during, and after sweating excessively.

Avoid alcohol.

Alcohol will further dehydrate you!

Choose Foods that Hydrate You!

Drinking water frequently is your best option for staying hydrated. However, food like fruits and vegetables are packed full of vitamins and minerals as well as water. The chart shows the water content of common fruits and vegetables:

Strawberries		92% Water
Watermelon		92% Water
Grapefruit		91% Water
Cantaloupe		90% Water
Peach		88% Water
Cranberries		87% Water
Orange		87% Water
Pineapple		87% Water
Raspberries		87% Water
Apricot		86% Water
Blueberries		85% Water
Apple		84% Water



TIP: Be aware of the nearest water fountain and use it to refill your water bottle.

Cucumber		96% Water
Lettuce (Iceberg)		96% Water
Celery		95% Water
Radish		95% Water
Zucchini		95% Water
Red tomatoes		94% Water
Green tomatoes		93% Water
Green cabbage		92% Water
Red cabbage		92% Water
Cauliflower		92% Water
Spinach		92% Water
Broccoli		91% Water