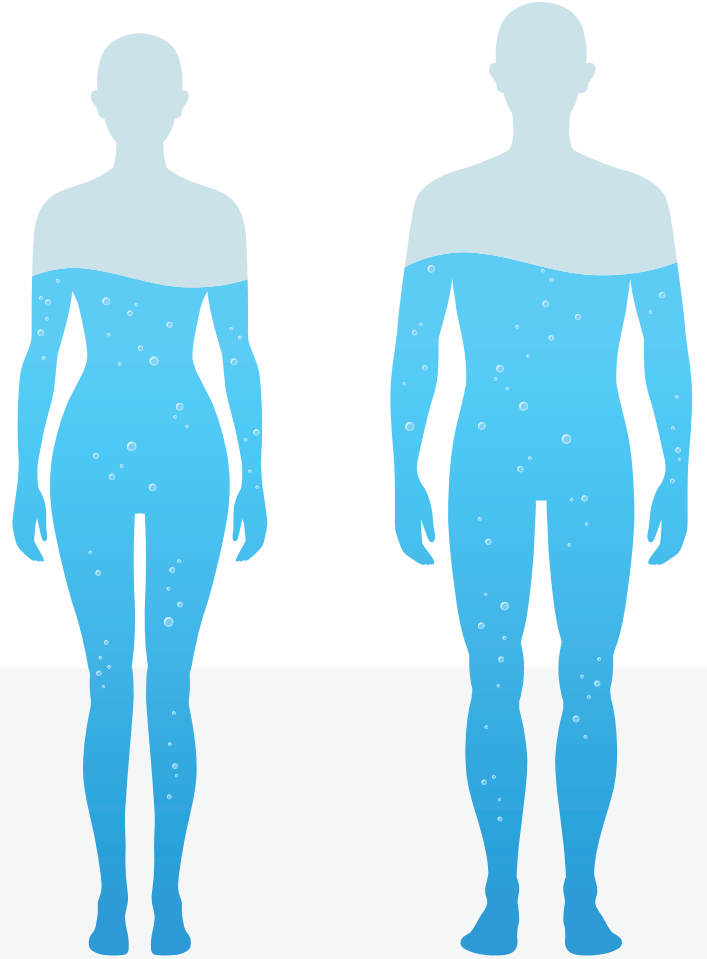


Hydration Challenge

Why is water so important?

Water makes up 60 percent of your body weight. Every cell, tissue and organ in your body needs water to work properly:

- Gets rid of waste through urination, perspiration and bowel movements
- Keeps your temperature normal
- Lubricates and cushions joints
- Protects sensitive tissue
- Helps create saliva
- Aids in digestion and absorption and helps prevent constipation
- Improves blood oxygen circulation
- Boosts energy and aids in cognitive function



How much fluid do you need?

The National Academics of Sciences, Engineering and Medicine recommends:

15.5 cups (3.7 liters) of fluid for men

11.5 cups (2.7 liters) of fluid a day for women

Factors such as exercise, environment, pregnancy and health conditions can impact fluid needs. Talk to your provider if you need individualized fluid recommendations.

HYDRATION TRACKER

Check off each day that you successfully complete your hydration goal. Goal ideas: I will replace one cup of coffee with 8oz of water daily, I will increase my water intake from 24oz to 48oz daily, or I will replace one can of soda with 1 cup of water daily, etc. **At the end of the two weeks, see how far you've come!**

HYDRATION GOAL:

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

DAY 8

DAY 9

DAY 10

DAY 11

DAY 12

DAY 13

DAY 14

Preventing Dehydration



Symptoms of Dehydration in Adults

- Extreme thirst
- Dark-colored urine
- Dizziness
- Less frequent urination
- Fatigue
- Confusion

Call your provider if you or a loved one has diarrhea for 24 hours or more, irritable or disoriented, can't keep fluids down or has bloody or black stool.

Risk Factors

- Infants & children
- Exercising or working outside
- Older adults
- Chronic illnesses

Complications of Dehydration

- Heat injury - heat cramps or heat stroke
- Urinary and kidney problems
- Seizures
- Low blood volume shock

Tips for Preventing Dehydration

- Don't wait until you feel thirsty to drink. Make sure you are drinking fluids throughout the day.
- Make sure water is around day and night.
- Don't skip meals. You can get a good amount of fluid from food.
- Eat a balanced diet that includes fruits and vegetables. They contain large amounts of water, salt and vitamins (see below).
- Avoid or limit alcohol and caffeinated beverages.

Water-Rich Fruits & Vegetables:

- Peach
- Pineapple
- Raspberry
- Spinach
- Strawberry
- Tomato
- Watermelon
- Cabbage
- Cantaloupe
- Cauliflower
- Celery
- Romaine
- Coconut water
- Cucumber
- Grapefruit
- Green pepper
- Orange
- Zucchini
- Iceberg lettuce



Source: <https://www.mayoclinic.org/diseasesconditions/dehydration/symptoms-causes/syc-20354086> | This information is shared by My Health Onsite for general information and education only. It is not intended to be a substitute for professional medical advice, diagnosis, or treatment. You should always consult your healthcare provider if you have any concerns or questions about your health. | My Health Onsite Adheres to All HIPAA & Confidentiality Regulations | © 2021 My Health Onsite | All Rights Reserved | REV042021