The Importance of Hydration

Your body <u>depends</u> on water for survival. Hydration is important for your overall health. Without proper hydration your body can become dehydrated, which means your body does not have enough water to function normally.

FUN FACT!
You lose water everyday when you sweat, go to the bathroom, and even when you breathe. Different situations can cause you to lose water faster than normal. (For example is the weather is warmer, you are exercising, or you are running a fever/and or are sick.) If you don't replace the water you lose you can become dehydrated.

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Signs you are dehydrated include, dry mouth, fatigue, thirst, headache, confusion and light headedness.
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<u>YOU</u> can prevent dehydration, here's how:

- Keep a bottle of water with you during the day and take small sips frequently.
- Try adding a lemon or lime wedge to enhance flavor!
- If you do not prefer water, try adding crystal light packets, or flavors to your water.
- Consume fruits and veggies that have a high water % such as watermelon, tomatoes, and strawberries
- Consume caffeine and alcohol in moderation, such beverages could contribute to dehydration.