



June 2013

Hydration: Why it's so important



From the hot, sultry days of summer to the bone-chilling days of winter, your body needs water to maintain its normal temperature.

Staying well-hydrated is important no matter what the weather.

Extreme temperatures act more quickly to dehydrate the body, making it important to drink water-based beverages even though you may not feel like it.



Your body depends on water for survival. Did you know that water makes up more than half of your body weight? Every cell, tissue and organ

in your body needs water to function correctly. For example, your body uses water to maintain its temperature, remove waste and lubricate joints. Water is essential for good health.



You lose water each day when you go to the bathroom, sweat, and even when you breathe. You lose water even faster when the weather is really hot, when you exercise, or if you have a fever. Vomiting and diarrhea can also lead to rapid fluid loss. If you don't replace the water you lose, you can become dehydrated.

There are different recommendations for water intake each day. Most people have been told they should be drinking 6 to 8 8-ounce glasses of water each day, which is a reasonable goal.

Symptoms of dehydration include:

- Little or no urine, or urine that is darker than usual
- Dry mouth
- Sleepiness or fatigue
- Extreme thirst
- Headache
- Confusion
- Feeling dizzy or light headed
- No tears when crying

Don't wait until you notice symptoms of dehydration to act. It can be hard to recognize when you're dehydrated, especially as you age. Actively prevent dehydration by drinking plenty of water.

Source: familydoctor.org



Friday Facts

June 7, 2013

Tips for staying *Hydrated*



Keep a bottle of water with you during the day. Consider carrying a reusable water bottle and filling it from the tap rather than purchasing bottled water, which is expensive and creates plastic bottle waste.

Source: familydoctor.org

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Friday Facts

June 14, 2013

Tips for staying *Hydrated*

If plain water doesn't interest you, try adding a slice of lemon or lime to your drink.

If you're going to be exercising, make sure you drink water before, during and after your workout.

Start and end your day with a glass of water.



Source: familydoctor.org

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Friday Facts

June 21, 2013

Tips for staying *Hydrated*

When you're feeling hungry, drink water. The sensation of thirst is often confused with hunger. True hunger will not be satisfied by drinking water. Drinking water may also contribute to a healthy weight loss plan, as some research suggests drinking water will help you feel full.

Source: familydoctor.org



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Friday Facts

June 28, 2013

Tips for staying *Hydrated*



Drink on a schedule if you have trouble remembering to drink water. For example, drink water when you wake up; at breakfast, lunch and dinner; and when you go to bed. Or drink a small glass of water at the top of each hour.

Drink water when you go to a restaurant. Not only does it keep you hydrated, but it's free!

Source: familydoctor.org

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