

Hydrate for Health



Summer is here so don't forget to drink plenty of fluids to stay hydrated. Follow these tips to keep you hydrated and healthy!!!

***The best time to consume fluid is before you feel thirsty, by the time you are thirsty, your body is dehydrated.**

***Avoid drinks that contain caffeine or alcohol while in the sun or heat.**

***Adults need 17-20 ounces of fluid before beginning an activity as well as an additional 7-10 ounces every 10-20 minutes during activity.**

***Your fluid needs don't stop when your activity is over. You should consume an additional 24 ounces of fluid in the two hours post outdoor activity.**

***Know the signs and symptoms of dehydration: dry lips and tongue, headache, dizziness, concentrated urine that appears darker than normal, muscle cramps, nausea.**