

## Staying Hydrated – August, 2015



It's Hot!! You need more water!

Water is essential to life. Our bodies are made up of about 60% water and most is carried inside of our cells. There is also water outside of our cells in our blood, lymph and fluid that surrounds our cells. When we are in fluid balance the proper amounts of fluids are distributed and we feel well. The human body can not live without water as every bodily function depends on it.

As we get older we are more prone to dehydration. It is necessary to pay careful attention to how much fluid we drink. Dehydration can make us weak and confused, cause urinary tract infections and can lead to severe health risks like heat stroke. Also people with dementia and Alzheimer's may forget they need to drink and this can cause a major health issue.

### How you can meet your water needs daily:

- ❖ Drink something with every meal, snack or pill you have.
- ❖ When you feel thirsty don't wait, this is your bodies signal that it needs water.
- ❖ Water is best but you can also count milk, fruit juices, soup, gelatin, custards, smoothies, sorbet, popsicles, or tea and coffee.
- ❖ Eat foods with high moisture content like fruits or vegetables as they are 75-90% water.
- ❖ Aim for 6-8 glasses of water a day to keep your cells balanced.
- ❖ Put fresh fruit in your water to naturally flavor and add color.