

Summer Living Health Tips:

Hydration & Exercise

~Michelle van den Akker

During the summer months it is easy to forget to drink enough water and exercise each day. Often times, the summer heat prevents many from wanting to even take a step outside for a nice walk. Here are some key points to staying hydrated and moving throughout the summer months.

What Is Dehydration?

Dehydration means your body is not getting enough water or fluids in as it should each day. Dehydration is caused by not drinking enough. Fluids can be water, juice, milk, coffee, tea, anything you can pour. There are different levels of severity including mild, moderate, or severe which is life-threatening. Heat exhaustion and heat stroke are possible severe outcomes as well.

How Do I Know If I Am Dehydrated?

Common symptoms for dehydration include:

- dry or sticky mouth
- less urine than usual
- urine appears dark yellow
- dizziness
- nausea

Smart Preventive Tips:

Water is always the best option. Be sure to drink at least 6 glasses of water each day to prevent dehydration. Sports drinks are another option however, be sure to avoid caffeinated drinks which dehydrate you.

Get Moving:

Go take a stroll outside for ten minutes and enjoy the outdoors.

If it is a hot day, be sure to drink enough fluids to stay hydrated and avoid dehydration while taking a walk in a park.