

**Hydrate Your Body
with
more than just water...**

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The majority of our bodies are made up of...you guessed it-WATER! We are made up of almost 70% water and that is a lot of fluid to keep up with. How do we lose fluid from our bodies? Dehydration occurs when the amount of water leaving the body is greater than the amount being taken in. The body is very dynamic and is always changing. This is especially true with water in the body. So how do we lose water from our bodies?

- Sweat
- Breathing
- Elimination of Waste

Our bodies can monitor how much fluid it needs. We just need to pay attention to the signals it is sending to us.

What are the signs and symptoms of dehydration?

You are thirsty!

Your urine is very yellow and you are not urinating frequently.

- Dry mouth
- You stop sweating
- Lightheadedness
- Muscle cramps
- Nausea/vomiting

If you become severely dehydrated then you can become very weak and confused.

What is the best way to hydrate your body? Although you may want to guzzle that ice cold water down try not to. Take sips of your fluid but do it often. **Water is preferred but try other options to keep the fluids following: Gatorade, sparking water with lemon, flavored water, lemonade or go for the water ice, popsicles**

Who would have thought that carrots, broccoli and spinach could hydrate you so effectively?

Fruits & veggies that have over 90% water:

*Watermelon
Strawberries
Cucumbers
Tomatoes
Broccoli
Spinach*

80-90% water

*Carrots, peas
Apples, Cantaloupe
Oranges, Grapes*

