

## Staying Hydrated During Physical Activity

As the weather gets warmer, it is important to stay hydrated, especially when you are participating in physical activity. Even if you don't feel hot or like you are sweating a lot, dehydration can still occur. When exercising, or even just running errands on an especially hot day, pay attention to your body's cues.

### ***When to Drink***

Thirst, fatigue, and increased body temperature and pulse are all signs of possible dehydration. You can also keep an eye on the color of your urine. If it is a light color, you are most likely hydrated. However, if your urine is a darker color, this could indicate dehydration. Try to hydrate before you begin any strenuous activity or go out in the sun and continue to hydrate throughout the activity as much as possible. Those who have a heart condition, are overweight, or are older than 50 should be extra cautious as the weather starts to get warmer.



### ***What to Drink***

Water is the best choice for most people. It will rehydrate you and is calorie free, unlike many sports drinks. Sports drinks are typically recommended for those participating in vigorous exercise in hot weather. If you feel like you are dehydrated, avoid sugary drinks like fruit juice and sodas, because they can cause gastrointestinal distress. Also, if you feel dehydrated, avoid drinking anything with caffeine, as it could possibly dehydrate you further.

Certain foods that have a high water content can also help you to stay hydrated during the summer months. These include foods like lettuce, watermelon, broccoli, fat-free/low-fat milk, and yogurt. Foods like grapefruit and oranges are also good choices because they have a high water content and provide electrolytes to mimic the effects of electrolyte-containing sports drinks.



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