

July Nutrition Focus: Staying Hydrated

Water is essential for life and a healthy body. It's required for our brain, skin, heart, muscles and other parts of the body to work. Yet, up to 75% of Americans are chronically dehydrated. Dehydration is more common in older adults for several reasons including decreased sense of thirst and increased medication use. Dehydration can cause many health issues and can be life threatening. Mild dehydration can be alleviated by drinking water but if you have severe dehydration, you should seek medical attention. Signs of dehydration include dizziness, feeling faint, rapid breathing or heartbeat, and dark-colored urine.

Tips for Staying Hydrated this Summer

- Aim to get at least 8 glasses of water a day. This is a good rule for most healthy adults.
- Get into the habit of having a glass of water at each meal to help you reach your daily goal.
- Carry a reusable water bottle with you so you always have fresh water on hand.
- Use alarms on your phone to remind you to drink water.
- Make water fun by adding lemon and other fruits and/or herbs to improve the flavor and enjoyment.
- Eat plenty of hydrating fruits and vegetables such as watermelon, pineapple, citrus fruits, tomatoes, celery, cucumber, and lettuce.



Lemony Strawberry Delight Infused Water

- 1 cup strawberries, sliced
- ½ lemon, thinly sliced
- ¼ cup fresh mint

Instructions: Place fruit and herbs in glass carafe, pitcher or jar. Pour 4 cups water over fruit. Let sit for 15 minutes – 4 hours before drinking for best flavor. Use within 24 hours.

Image and Recipe from SilverSneakers.com