



Hydration facts and tips

Without adequate hydration, our muscles don't work as well, our vitamins and minerals are not properly absorbed, and our digestion slows. **Appropriate hydration is essential to maintain our body temperature, especially during excessive activity and hot, humid conditions.**

How many ounces of water are needed daily? A quick rule of thumb is to take your weight in pounds, and divide by two. These needs increase based on conditions and activity level.

Dehydration warning signs: headache, fatigue, confusion, nausea, muscle cramps, dizziness, decreased speed, energy or muscle strength. Dark urine is also an indicator of dehydration.

Stay hydrated:

- Keep a water bottle nearby all day. Set reminders to keep hydrated, even during busy times.
- Avoid energy drinks, alcohol, sugary sodas, teas and other sweetened drinks. These items can make you more dehydrated.
- Experiment with natural infused water for added flavor. Try lemons, oranges, pineapple, strawberry, cucumber, blueberry and melons. You can also add mint or basil leaves!



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