Daily Hydration

Being hydrated daily helps to regulate body temperature, prevent infection, deliver nutrients to cells, keep joints lubricated and keep organs functioning properly. When enough water is not consumed, dehydration can occur (a condition which can cause your body to overheat, lead to constipation, headaches, dizziness or lightheadedness and kidney stones to name a few).

The CDC states the daily intake need will vary depending on such things as activity level, weight, medical condition, how warm the weather is, diet and size of the individual.

Water is the best choice when thinking of hydration, but water can also be obtained in food selections which are higher in fluids, such as fruits and vegetables for example. Coffee, tea, and soda are other sources for fluid intake however, the sugar consumed in these, and other liquid options should be kept to a minimum due to the caloric/caffeine punch some may provide.

Tips to stay hydrated if you find it difficult to do so:

-invest in a good-quality water bottle and keep it with you throughout the day.

-sip, don’t chug! Take small sips of fluids frequently throughout the day.

-In hot or humid environments, choose cool, flavored beverages with added sodium.

-Set a timer to remind yourself to drink at regular intervals.

-Choose other nutrient-dense fluids, such as milk, milk alternatives, 100% vegetable juice, or unsweetened tea.

Things to remember, try to drink throughout the day, start drinking as soon as you wake up, don’t wait until right before you exercise to start drinking especially if it’s very hot or you’re doing activities outside. You should also pay attention to your trips to the restroom meaning the color of your urine and amount. Drink alcoholic and caffeinated drinks in moderation. Listen to your body, provide the hydration it requires and do it daily.