

WELLNESS AT HOME, WORK, & BEYOND



SMART HYDRATION: FUELING YOUR BODY BEYOND WATER

Your body is about 50-70% water, and nearly every system depends on it to function properly. Water helps regulate body temperature, transport nutrients, lubricate joints, support digestion, and remove waste.

Even mild dehydration can affect energy levels, physical performance, concentration, mood, and memory. It can also make it harder for your body to cool itself, increasing the risk of heat-related illnesses.

HYDRATION CHECK-IN

One common mistake is waiting until you feel extremely thirsty. Thirst is often one of the body's later signals that you need fluids. A quick hydration check is to look at your urine color. Pale yellow generally suggests adequate hydration, while darker yellow may indicate you need more fluids.

Watch for other early clues such as dry mouth, increased thirst, headaches, fatigue or low energy, dizziness or lightheadedness, difficulty concentrating, and muscle cramps. Seek medical attention if dehydration is accompanied by confusion, fainting, rapid heartbeat, severe weakness, shortness of breath, or inability to keep fluids down.

MORE THAN JUST WATER

Staying hydrated isn't always just about drinking more water. When you sweat, you lose both water and electrolytes. While water replaces lost fluids, electrolytes such as sodium, potassium, magnesium, and chloride help regulate fluid balance by moving water where it's needed most. They also support important functions such as muscle contractions, nerve function, and body temperature regulation.

For most everyday activities, water and a balanced diet are enough. During prolonged outdoor activity or intense exercise lasting longer than an hour, excessive sweating, illness involving vomiting or diarrhea, or extended heat exposure, replacing lost electrolytes becomes more important.

HYDRATING BEVERAGES

Water is still the best everyday hydration choice, but it isn't the only one. Milk, coconut water, and smoothies can provide both fluids and nutrients. You could also try diluting 100% fruit juice with water to provide flavor, fluids, and some electrolytes while reducing the amount of sugar per serving.

It's also important to be mindful of beverages that may not support hydration as effectively. Sugary drinks can add excess calories without providing lasting hydration.



benefits, and alcohol can increase fluid loss, especially in heat. Caffeinated beverages such as coffee and tea can count toward daily fluid intake, but they shouldn't be your primary source.

For most people, the simplest approach is to make water your foundation and complement it with other nutritious fluids and water-rich foods.

EAT YOUR WATER

Many fruits and vegetables can contribute significantly to your daily fluid intake while providing vitamins, minerals, and electrolytes. High-water foods to include: watermelon, cucumbers, strawberries, oranges, peaches, tomatoes, lettuce, and zucchini. In addition, foods such as bananas, potatoes, beans, leafy greens, nuts, and seeds can also help replenish electrolytes like potassium and magnesium.

Including a variety of these foods in your meals and snacks can make staying hydrated easier and more enjoyable.

STAYING ACTIVE SAFELY IN THE HEAT

Hot weather puts extra stress on the body due to increased fluid loss, making it crucial to plan ahead for safety and energy. To start your day well, ensure you are adequately hydrated and nourished with balanced meals. It's important to maintain consistent hydration throughout the day rather than trying to catch up just before heading out. During physical activities, keep your hydration steady by sipping fluids consistently, take breaks in shaded or air-conditioned areas, and adjust your intensity based on how your body feels. After exercising, replenish the fluids you've lost and support recovery with electrolyte-rich foods and drinks, while continuing to hydrate for the rest of the day.

Remember, hydration is most effective as a consistent habit, not a last-minute solution.

Highlight of the month

Beat the Heat Hydration Challenge

Practice these simple habits on most days this month:

- Start your morning with a glass of water.
- Drink consistently throughout the day rather than all at once.
- Use phone reminders if you frequently forget to drink fluids.
- Carry a reusable water bottle wherever you go.
- Include at least 2 servings of water-rich fruits or vegetables daily.
- Check your urine color once per day as a simple hydration check.
- Hydrate before every meal or snack.
- Choose outdoor activities during cooler morning or evening hours whenever possible.
- Take regular cooling breaks when spending time outdoors.

Bonus: Create your own "hydration station" at home or work by keeping a water bottle, sliced fruit, and healthy snacks within easy reach.

HEALTH COACHING



Schedule your coaching appointment today by emailing **Coach Bre** at BreanneM@solavieve.com