

Summer Hydration Tips

It is summertime and though it is always important to stay hydrated, the need to stay hydrated is even greater now than it is during other seasons. Water makes up more than half of your body weight and is crucial for the functioning of your tissue and organs. In the summer, getting sufficient water is essential because the body uses water to regulate its temperature, you lose water through perspiration, it is therefore important that you increase your intake of water during the warm months.

Below are a few helpful hydration tips for the hot and sunny days ahead!

Drink more water

If you are not a fan of drinking water on its own, try adding slices of your favorite fruit to create an infusion of natural flavor. Fruits commonly used for water infusion are citrus fruits such as lemon, lime, and orange, as well as naturally watery fruits like watermelon & cucumber. Studies show that people who drink at least 8 glasses of water each day tend to perform better at sports and have an easier time controlling their weight. Starting each day with a glass of water is also a great idea. It will help you replace fluids lost during the night.

Eat hydrating foods

Set a goal of eating at least three servings of fruits and veggies each day. Getting water this way helps you stay hydrated longer and also provides additional vitamins and minerals. Cucumber & watermelon are ~96% water. Blueberries, pineapple, celery, romaine lettuce, & tomato are ~95% water. Other foods with a high water content include: cantaloupe, grapefruit and pears.

Keep a refillable water bottle with you

There are plenty of cute and convenient water bottles on the market today, from glass to BPA-free plastic to aluminum. You can also choose from several different options with built in filters.

Grab a bottle and keep it with you, carrying a fun water bottle with you will remind you to keep drinking and will help you stay hydrated!