

Stay Safely Hydrated This Summer

It's summer, which means time for outdoor fun.

It's also the time of year when it's easy to become dehydrated. Warmer temperatures, higher humidity and increased physical activity cause you to perspire more. These fluids need to be replaced throughout the day to keep your body in balance.

The U.S. Department of Health and Human Services says that most people get enough water through normal drinking behavior and through the water in foods such as soups, fruits and vegetables. But you need to drink more when the heat rises.

Water is a key nutrient—we can't live without it. In fact, every system in the body depends on water. Our bodies use water to carry other nutrients and oxygen to cells, flush toxins out of vital organs and dissolve minerals.



Don't drink enough water?

Here are some tips to help:

- ✓ Add a slice of lemon or flavored seltzer for taste
- ✓ Keep a glass or water bottle on your desk at work
- ✓ Mix in a splash of fruit juice
- ✓ Toss a bottle of water in your bag or briefcase so you can drink up when you're on the go