

WELLNESS MINUTE

July 2023



THE IMPORTANCE OF STAYING HYDRATED
**UNDERSTANDING DEHYDRATION: SIGNS,
SYMPTOMS, AND PREVENTION**

RECIPE OF THE MONTH

WATER AEROBICS FOR FITNESS AND HYDRATION

THE IMPORTANCE OF STAYING HYDRATED: TIPS FOR OPTIMAL HEALTH

As the temperature rises and we enjoy the long days of summer, it's crucial to remember the importance of staying hydrated for our overall health and well-being. Water is a fundamental component of our bodies, and proper hydration is essential for our physical, mental, and emotional well-being. Here are some caring tips to help you stay hydrated and maintain optimal health.

- **LISTEN TO YOUR BODY:** Pay attention to the signals your body is sending you. Thirst is a natural indicator that your body needs water, so when you feel thirsty, make sure to drink water to quench your thirst. It's also important to listen to your body during physical activities or when exposed to hot weather, as you may need to drink more water to replenish fluids lost through sweat.
- **DRINK WATER REGULARLY:** Make it a habit to drink water regularly throughout the day. Keep a reusable water bottle with you wherever you go, and take sips of water frequently. Set reminders if needed to ensure you're drinking enough water. Aim to drink at least eight glasses of water a day, but adjust the amount based on your body's needs.
- **OPT FOR WATER-RICH FOODS:** In addition to drinking water, incorporate water-rich foods into your diet. Fresh fruits and vegetables like watermelon, cucumbers, oranges, strawberries, and lettuce are excellent sources of hydration and provide valuable nutrients for your body.
- **BE MINDFUL OF BEVERAGES:** Be mindful of the type of beverages you consume. Avoid sugary drinks and excessive caffeine, as they can dehydrate your body. Instead, opt for water, herbal teas, or natural fruit juices with no added sugars to keep your body well-hydrated.
- **HYDRATE BEFORE AND AFTER EXERCISE:** Hydrate before, during, and after exercise to maintain proper hydration levels. Drink water before your workout, sip water during exercise, and replenish fluids after exercising to restore what was lost. If engaging in intense or prolonged physical activity, consider sports drinks that contain electrolytes to help replace lost minerals.
- **TAKE CARE OF OTHERS:** It's not only important to take care of your own hydration needs but also to ensure that those around you are staying hydrated. Encourage family, friends, and colleagues to drink water regularly and lead by example by staying hydrated yourself.

Staying hydrated is a simple yet crucial aspect of maintaining optimal health. By prioritizing proper hydration, you can support your body's vital functions, promote overall well-being, and enjoy the summer season to the fullest. So, remember to drink water, listen to your body, and make hydration a part of your daily self-care routine. Your body will thank you!

Stay hydrated, stay healthy!



UNDERSTANDING DEHYDRATION: SIGNS, SYMPTOMS, AND PREVENTION

As we go about our busy lives, it's easy to overlook the importance of proper hydration. However, dehydration is a serious condition that can have detrimental effects on our physical and mental well-being. It's essential to understand the signs, symptoms, and prevention of dehydration to prioritize our health and well-being.

Dehydration occurs when the body loses more fluids than it takes in, leading to an imbalance in the body's water levels. It can happen to anyone, regardless of age or activity level, and can be caused by various factors such as excessive sweating, inadequate fluid intake, illness, or hot weather. Recognizing the signs and symptoms of dehydration is crucial to prevent further complications.

SIGNS AND SYMPTOMS OF DEHYDRATION:

- **Thirst:** Feeling thirsty is one of the earliest signs of dehydration. It's your body's way of signaling that it needs more fluids.
- **Dry mouth and lips:** When you're dehydrated, your mouth and lips may feel dry and parched.
- **Dark urine:** Urine that is dark yellow or amber in color can be an indication of dehydration. In a well-hydrated body, urine should be light yellow or clear.
- **Fatigue and weakness:** Dehydration can cause feelings of fatigue and weakness as the body struggles to function properly without enough fluids.
- **Dizziness or lightheadedness:** Dehydration can affect blood pressure, leading to dizziness or lightheadedness when standing up or changing positions.
- **Headache and poor concentration:** Dehydration can impact brain function, leading to headaches, difficulty concentrating, and impaired cognitive performance.

PREVENTION OF DEHYDRATION:

- **Drink water regularly:** Make it a habit to drink water throughout the day, even when you don't feel thirsty. Carry a water bottle with you and sip water regularly to maintain adequate hydration levels.
- **Pay attention to your body:** Listen to your body's signals of thirst and respond promptly by drinking water. Don't wait until you feel thirsty to drink water.
- **Hydrate during physical activity:** Drink water before, during, and after physical activity to replenish fluids lost through sweat.
- **Eat water-rich foods:** Incorporate foods with high water content, such as fruits and vegetables, into your diet to supplement your fluid intake.
- **Avoid excessive caffeine and alcohol:** Both caffeine and alcohol can dehydrate the body, so consume them in moderation and balance with adequate water intake.
- **Take care in extreme weather conditions:** Be mindful of hot weather and increase your fluid intake accordingly to prevent dehydration.
- **Monitor urine color:** Check the color of your urine as an indicator of your hydration status. Light yellow or clear urine indicates good hydration, while dark-colored urine may signal dehydration.

In conclusion, dehydration is a serious condition that can affect our overall well-being. By understanding the signs, symptoms, and prevention of dehydration, we can prioritize proper hydration and take steps to maintain optimal health. Remember to drink water regularly, listen to your body, and take proactive measures to stay hydrated. Your body will thank you with improved physical and mental well-being!



REFRESHING SUMMER FRUIT INFUSED WATER RECIPES

As the temperature rises during the summer months, staying hydrated becomes more important than ever. While plain water is always a healthy choice, why not add some natural sweetness and flavor to your hydration routine with fruit-infused water? Not only is it a delicious and refreshing way to stay hydrated, but it also offers numerous health benefits. In this article, we'll explore some easy and tasty fruit-infused water recipes, supported by credible sources, to help you quench your thirst and boost your wellness this summer.

- **CITRUS BURST INFUSED WATER:** Squeeze fresh lemon, lime, and orange slices into a pitcher of water. Add a few sprigs of fresh mint for a burst of flavor and aroma. Citrus fruits are rich in vitamin C, which supports immune function, and antioxidants that help fight inflammation. Mint adds a refreshing twist and may aid in digestion.
- **BERRY BLAST INFUSED WATER:** Mix a handful of fresh strawberries, blueberries, and raspberries into a pitcher of water. You can lightly crush the berries to release their natural juices. Berries are loaded with antioxidants and fiber, which promote healthy digestion and skin.

CUCUMBER LEMONADE INFUSED WATER: Slice cucumbers and lemons, and add them to a pitcher of water. You can also add a pinch of Himalayan salt for an electrolyte boost. Cucumbers are hydrating and contain anti-inflammatory properties, while lemons are a great source of vitamin C.

- **TROPICAL PARADISE INFUSED WATER:** Combine fresh pineapple chunks, coconut water, and a splash of lime juice in a pitcher of water. Pineapple is packed with enzymes that aid digestion, and coconut water is a natural source of electrolytes that can help replenish lost fluids during hot summer days.
- **WATERMELON MINT INFUSED WATER:** Blend fresh watermelon chunks and strain the juice into a pitcher of water. Add a few torn mint leaves for a burst of flavor. Watermelon is a hydrating fruit that also contains lycopene, an antioxidant that supports heart health, and mint can help soothe the digestive system.
- **MANGO GINGER INFUSED WATER:** Dice fresh mango and add it to a pitcher of water. Grate some ginger and add it for a hint of spiciness. Mangoes are a good source of vitamin A and antioxidants, while ginger has anti-inflammatory properties and can aid in digestion.

Infusing water with fresh fruits not only adds flavor and natural sweetness but also encourages you to drink more water, helping you stay hydrated throughout the day. So, this summer, ditch the sugary drinks and opt for these refreshing fruit-infused water recipes to quench your thirst, boost your wellness, and stay hydrated in a delicious way!

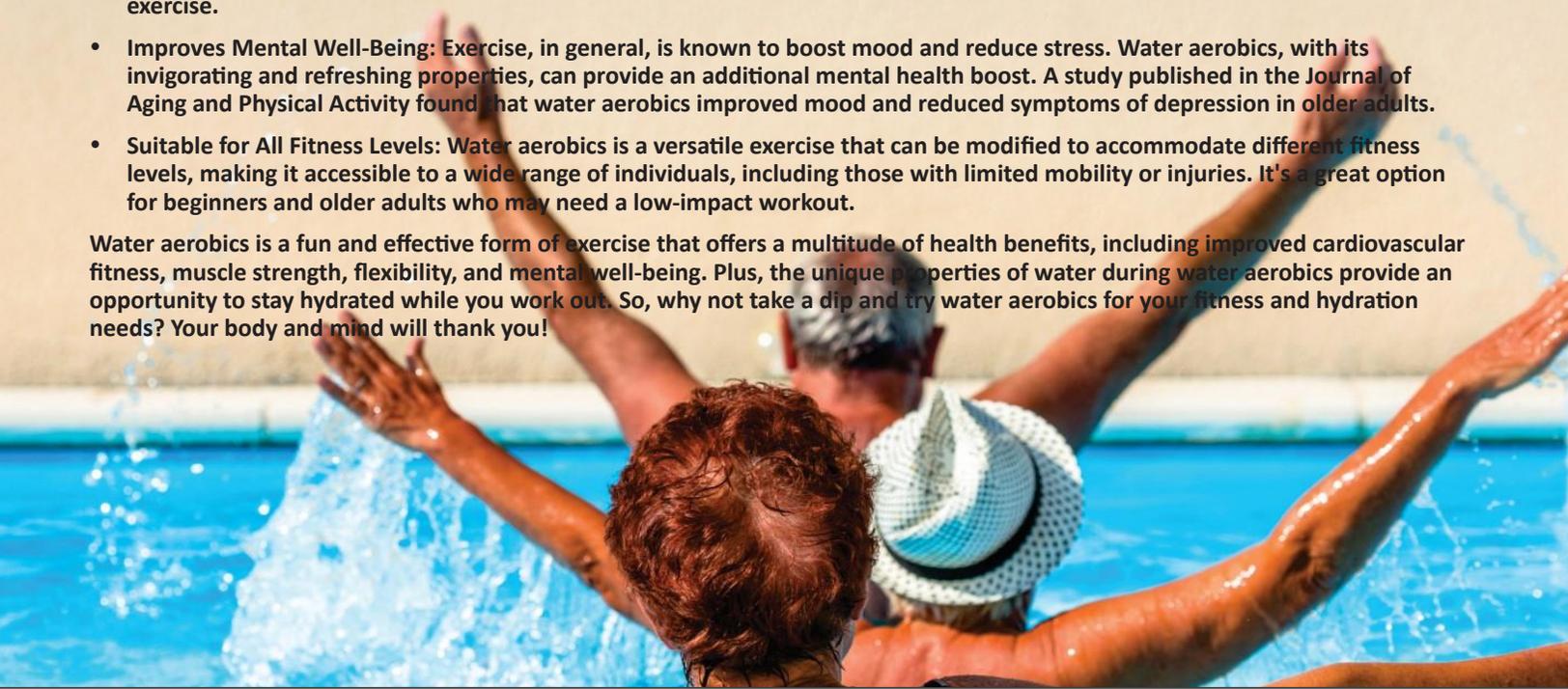


Water Aerobics for Fitness and Hydration

Staying physically active and hydrated are two essential pillars of overall wellness. Did you know that you can combine both by engaging in water aerobics? This fun and refreshing exercise routine not only offers numerous health benefits but also helps you stay hydrated. In this article, we'll explore the benefits of water aerobics for fitness and hydration, supported by credible sources, to encourage you to dive into this invigorating workout.

- **Boosts Cardiovascular Fitness:** Water aerobics is a low-impact exercise that provides a cardiovascular workout without putting excessive strain on your joints. According to the American Heart Association, water aerobics can improve cardiovascular fitness, strengthen your heart and lungs, and lower your risk of heart disease.
- **Builds Muscle Strength and Endurance:** The resistance offered by water during aerobics helps tone and strengthen muscles. Water provides gentle resistance to movements, making it an effective way to build muscle strength and endurance without risking injury. A study published in the *Journal of Sports Medicine and Physical Fitness* showed that water aerobics significantly improved muscle strength and flexibility in older women.
- **Enhances Flexibility and Range of Motion:** Water aerobics involves a wide range of movements in multiple directions, which can help improve flexibility and range of motion. The buoyancy of water reduces the impact on joints, allowing for smoother and more fluid movements. This can be particularly beneficial for individuals with joint issues or arthritis.
- **Supports Hydration:** Water aerobics takes place in the water, making it a unique form of exercise that allows you to hydrate while you work out. During water aerobics, you are constantly in contact with water, which can help replenish fluids lost through sweat and keep you hydrated throughout your workout session.
- **Provides Cooling Effect:** Working out in water can help regulate body temperature and prevent overheating, as the water helps dissipate heat from the body. This can be especially beneficial during hot summer months or when engaging in high-intensity exercise.
- **Improves Mental Well-Being:** Exercise, in general, is known to boost mood and reduce stress. Water aerobics, with its invigorating and refreshing properties, can provide an additional mental health boost. A study published in the *Journal of Aging and Physical Activity* found that water aerobics improved mood and reduced symptoms of depression in older adults.
- **Suitable for All Fitness Levels:** Water aerobics is a versatile exercise that can be modified to accommodate different fitness levels, making it accessible to a wide range of individuals, including those with limited mobility or injuries. It's a great option for beginners and older adults who may need a low-impact workout.

Water aerobics is a fun and effective form of exercise that offers a multitude of health benefits, including improved cardiovascular fitness, muscle strength, flexibility, and mental well-being. Plus, the unique properties of water during water aerobics provide an opportunity to stay hydrated while you work out. So, why not take a dip and try water aerobics for your fitness and hydration needs? Your body and mind will thank you!



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