

A weekly resource
for your well-being

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A TIP FOR TENNESSEANS

July 18, 2017

BEAT THE HEAT: HOW TO STAY HYDRATED

Summer is in full swing, and it's hot out there! This time of year, it's key to take in plenty of fluids. Staying hydrated is important to heart health. That's because fluids allow blood to pump better to muscles and keep them working right.

Here's a four-step guide to keeping up your fluid levels so you don't feel run down:

1. Know how much water you need.

Everyone is different, but a general rule is: drink a pint of water for every pound of sweat you lose. Drink more if you plan to go outside on hot days, or if you will be doing a lot of physical activity.

2. Drink before you feel thirsty. If you feel thirsty, you may already be dehydrated. It's best to be proactive. Try to drink before and after you go outside, especially if you are exercising.

3. Eat foods with high water content. Watermelon, celery, cucumbers, radishes and strawberries are all good options. Try putting fruit inside your water bottle to give your water a little flavor.

4. Keep a water schedule. As often as possible, carry a reusable water bottle with you to remind yourself to drink. Tip: draw lines on your water bottle to mark how much to drink and when. Example: "Drink to this line by noon."



Don't sweat the dog days of summer.

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References:

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