TIPS ON KEEPING HYDRATED ON A HOT DAY

Did you know that water makes up 70% of our bodies? If you partake in activities during the summer, it is very important to make sure that you drink plenty of water to avoid becoming dehydrated. Here are some tips:

- **Do** drink at least eight glasses of water a day. Most people lose about two quarts of water a day, so it's important to drink plenty of water to replace the amount you lose.

- **Do** remember to drink water every fifteen to twenty minutes if you are doing any outdoor activities. Take a bottle of water with you so that you won't forget.

- **Do Not** continue your activities if you start to feel thirsty. If you are practicing or playing in a team sport, be sure you take a water break. Try to sit in the shade if you can.

- **Do Not** drink soda or juice instead of water when you are doing outdoor activities. These drinks contain sugar and caffeine, which may leave you more dehydrated.

- **Do Not** drink water from lakes, rivers, pools, or the ocean. Water from these sources is often not treated and could contain harmful germs or bacteria. Ocean water is also high in salt, which will make you more thirsty and dehydrated.

Source: The Nutrition Information Center at The Rockefeller University