

# DODGE DEHYDRATION

## WITH THESE EASY TIPS

### Keep a water bottle handy

Whenever the bottle is empty, refill and keep sipping.

### Increase your produce intake

Fruits and vegetables have a high water content.

### Make water more exciting

Mix in a splash of fruit juice, fruit slices, unsweetened (and un-caffeinated) tea, or mint leaves.



### Adjust to different situations



Up fluid intake at the first sign of illness.



Hydrate before and during exercise.



Keep water on hand at all times in hot, humid weather or at high altitudes.

### Choose room-temperature water



Ice water constricts the arteries surrounding the stomach, which slows down water absorption.



Drink room-temperature (or slightly cooler) water instead.

### Listen to your body



Water intake requirements vary by person and circumstance.



Pay attention to any signs of dehydration.



Respond immediately to thirst cues.



Adjust water intake according to activities and the weather.