



New Jersey Department of Health
Division of Family Health Services
50 East State Street
P.O. Box 364
Trenton, NJ 08625-0364



HEALTHY TIP SHEET 2016, ISSUE 2 - WATER

Keeping hydrated is critical during the warm summer months. Dehydration can be serious and result in general fatigue, muscle cramping, nausea, disorientation and even heat stroke. Heat stroke is caused when your body becomes overheated, often as a result of prolonged physical exertion in high summer temperatures.

When you sweat, you lose water and important electrolytes such as sodium and potassium that help to keep your muscles functioning properly and all of our organs working. If these important electrolytes and water are not replenished, it can potentially lead to *serious* conditions including kidney failure and loss of consciousness.

HYDRATE, HYDRATE, HYDRATE

Hydration is critical for people of all ages. Follow these easy tips to ensure you stay properly hydrated and feel better. If you suspect you are suffering from any dehydration related illness, you should *immediately* stop activity and seek medical assistance as it can be a life threatening situation.

- Hydrate before you begin the activity. Make sure to drink steadily before, during and after activity instead of waiting until you feel thirsty to begin drinking.
- Replace water lost via sweat. An easy and practical trick to find out *how much water you lose* is to weigh yourself before and after physical activity and see the difference. For each pound you lost you should drink approximately 2 – 3 cups of water.
- Modify your activity In hot and humid conditions, to take more breaks and drink fluids more often. Heat and humidity are dangerous because your body sweats more and loses electrolytes very quickly. Adjust your schedule and consider doing physical activities early in the morning or later in the day when there is shade. Carry water with you.
- Drink enough fluids throughout the day. In addition to liquids, eat water-rich foods including lettuce, tomatoes, watermelon and other *seasonal* fruits and vegetables.
- Drink a sports drink with protein in it to better absorb nutrients, help muscles to recover and improve your performance.

This issue adapted from The New Jersey Council on Physical Fitness and Sports - Tip of the Month (June 2015).