

# JULY

## The Importance of Hydration



### Why Hydration Matters

With summer officially here and temperatures rising, it is more important than ever to stay hydrated—whether you are at the beach, working outdoors, or just enjoying the sunshine. Water is generally sufficient for most people, but understanding hydration can help you feel your best and avoid health risks.

Every day, we lose water through sweating, ranging from about 500 ml to as much as 10 liters during intense activity in the heat. Even mild dehydration can significantly reduce your flexibility, speed, endurance, and mental function. Staying hydrated boosts your energy, improves brain function, reduces muscle cramps and headaches, supports athletic performance, helps maintain healthy blood pressure, aids digestion, keeps your skin healthy, and can even improve your sleep.

### Hydration & Electrolytes

Electrolytes such as sodium, potassium, and calcium are minerals that help regulate muscle contractions and keep your body hydrated. Excessive sweating in hot weather can lead to fatigue, headaches, muscle cramps, and low energy. While water is essential, those who are active in the heat may need to replenish electrolytes with sports drinks or snacks like bananas and pretzels.

### Tips from the Pros

Professional athletes know the importance of hydration. They drink before they are thirsty, take frequent water breaks, and monitor their hydration levels throughout the day. You can follow their lead:

- **Drink consistently:** Aim for 2–3 liters per day in hot weather, but individual needs may vary.
- **Check your urine:** Clear or pale yellow means you are hydrated; darker means you need more fluids
- **Avoid alcohol:** It can increase your risk of dehydration

If you are sweating a lot, consider a rehydration sachet or electrolyte-rich foods or drinks. Eating water-rich produce such as melons, berries, bell peppers, and grapes can also help. If you feel overheated or dehydrated, get out of the sun, sip water slowly, and cool down. Seek medical help if symptoms such as dizziness, confusion, or rapid heartbeat persist.



### Sources:

- <https://www.who.int/europe/news-room/feature-stories/item/staying-hydrated-in-the-heat-what-the-public-can-learn-from-professional-athletes>
- <https://www.henryford.com/blog/2024/05/hydration-101>

Please note: This information is for educational purposes only and is not intended to replace professional medical advice, diagnosis, or treatment. Always consult your healthcare provider for medical concerns. Please refer to your plan documents for specific benefit details and limitations.