

# JULY

## IMPORTANCE OF HYDRATION

SOUTHERN LAND  
COMPANY

### Water you up to today?

Proper hydration is fundamental to overall wellness. Water supports every system in your body, from energy and focus to physical performance and disease prevention. With summer 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.

### Did You Know?

Your body is made up of about 60% water! Even seemingly solid parts of you, like your bones, are about 30% water, while your brain and heart are around 73% water. Every day, we lose water through sweating, from about 500 milliliters 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.

### Signs of Dehydration

Even mild dehydration can affect your daily functioning. Sometimes, we forget to hydrate, so here are signs it may be time for a water break:

- Extreme thirst
- Urinating less frequently
- Dark-colored urine
- Tiredness
- Dizziness
- Confused
- Rapid heartbeat

Neglecting these signs can lead to more serious health concerns, so listen to your body and hydrate regularly. 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.

### Staying Hydrated

Aim for about 8 cups (64 ounces) of fluids daily—more if you are active or outdoors in the heat. Individual needs may vary based on age, health, and activity level.

- **Carry a water bottle:** Studies show that having water on hand increases overall intake throughout the day
- **Eat water-rich foods:** Fruits and vegetables such as watermelon, cucumber, oranges, strawberries, and celery contribute to your daily fluid intake and provide essential vitamins and minerals
- **Limit sugary and caffeinated beverages:** While they may temporarily quench thirst, these drinks can increase dehydration over time. Opt for water or infused water as your primary beverage.

### Sources:

- <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/water/art-20044256>
- <https://www.cdc.gov/healthy-weight-growth/water-healthy-drinks/index.html>
- <https://www.usgs.gov/water-science-school/science/water-you-water-and-human-body>

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.

