

# Water and Health

We need plenty of water to stay healthy. Most people need about 8 glasses of water including other beverages and soup each day. More water is needed during hot weather, dry weather, and with heavy exercise.

Dehydration can occur when the body loses too much water or when a person does not drink enough water. Aging can cause us to lose some of our sense of thirst, which increases the risk of becoming dehydrated.

## What are the signs of dehydration?

- Dry mouth, flushed skin, feeling tired, and headache.
- Increased body temperature, breathing and pulse rate.
- Dizziness, weakness and impaired breathing with activity.
- Dark colored urine (the color of apple juice).

## Tips for Adding Water to Your Daily Routine

- Drink a glass of tea, milk, or juice with your meals.
- Place a glass of water by your favorite chair for a “water break.”
- Always take a sip of water as you pass a water fountain!
- Choose gelatin or a piece of fruit for an afternoon snack.
- Drink water before and after being outside on a hot or cold day.
- Add a lime or lemon to a tall glass of ice water.

