

# SAFETY BLITZ

HEALTH & WELLNESS

## HYDRATION

### HY·DRA·TION

/hī'drāSH(ə)n/

the process of causing something to absorb water.

### HYDRATION BASICS

- Being well-hydrated improves sleep quality, cognition, and mood.
- Roughly 60% of your body is made of water.
- Water is the main component of blood, which supplies cells with oxygen and nutrients, and carries waste out of the body.
- Water regulates internal body temperature, especially in extreme heat.
- Water lubricates joints by cushioning cartilage surrounding them, keeping the bones from rubbing together.
- Water protects vital organs, including flushing out waste so the kidneys and liver do not have to work as hard.
- The easiest way to test your hydration is through bathroom frequency and urine color. You should be emptying your bladder on average 5-8 times per day and urine should be light yellow in color.

### STAYING HYDRATED WHILE ON THE ROAD

- Always drink the recommended 8 glasses of water per day.
- Avoid alcohol or caffeinated drinks. If you do consume these (safely), alternate drinks with water, which will allow your liver to better process the alcohol/caffeine, and reduce liver damage.
- Eat water-rich foods. Many fruits and vegetables are loaded with water and provide an effective way to help stay hydrated in addition to drinking water.
- Do not avoid drinking water to minimize bathroom stops. Take a few sips of water, twice an hour, to stretch out the timeframe of drinking.
- Drink water to stay alert. Not only does water hydrate your body, it is also a natural energy enhancer.
- Drinks with electrolytes (such as Gatorade and Pedialyte) are good to use for rehydration. Be cautious, though, as many of these drinks are high in sugar.



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Thank you to Love's Travel Stops for partnering with our team this year to promote Healthy Lifestyles.



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## TIPS FOR HYDRATION

- Set goals such as “with every meal or snack” and create a schedule to stay hydrated. Set a timer.
- Track your water.
- Keep a bottle of water with you.
- Try infusing water with fresh fruit.
- Replace sodas or sugar drinks with water.
- Add non-caffeine or non-sugary flavors to your water.

## FUN FACTS ABOUT HYDRATING

- Scientists say milk is the most hydrating drink.
- It takes about 2 hours for your body to fully rehydrate after drinking a significant amount of water.
- 75% of Americans are dehydrated and the average American only drinks 2.5 cups of water daily.
- Even mild dehydration can inhibit your ability to think clearly. Scientists say when people drive dehydrated, they make the same number of mistakes as a driver under the influence of alcohol.
- A person can live about a month without food, but only about a week without water.



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