

Healthy & Hydrated

It's July, and generally the hottest season of the year. It seems like a particularly good time to talk about remaining healthy & hydrated; not only during exercise, but throughout the day.

Hydrated vs. Dehydrated

Water is the primary fluid in our bodies and serves a vital role in our digestive system by helping to transport nutrients from the foods we eat. Water is also responsible for removing toxins from our body, regulating our temperatures and lubricating our joints. Water is not stored by our body, so it must be replaced on a daily basis.

When our body does not get adequate amounts of water, we become *dehydrated*. There are different levels of dehydration, ranging from mild to severe. Mild dehydration is not dangerous, but severe dehydration can be life-threatening.



Why are seniors more prone to dehydration?

- All sensations, including thirst, tend to dull as we age.
- Water and sodium balance changes with age.
- Difficulty accessing water, due to mobility issues.
- Certain medications may cause dehydration.

How Much is Enough?

Seniors require between 7-8 cups of water per day.

Signs & symptoms of dehydration:

- Thirst
- Headache
- Weight loss
- Darker colored urine
- Increased heart rate
- Lowered blood pressure
- Sunken eyeballs
- Less frequent urination
- Dry mouth & eyes
- Constipation

To locate FREE local senior fitness classes in your area, please visit:
<https://franchise.live2bhealthy.com/class-schedule/>
Enter your zip code to find locations near you.