

August Wellness Newsletter

Hydration For Your Health!

There are so many ways to enjoy the summer months. For many, this means more time spent outdoors for both leisure and work activities. With this increased time in the summer heat and humidity, it can be helpful to understand the “how” and “why” of proper hydration which we will focus on in this month’s newsletter.



Hydration is for Everyone

Proper hydration is important for more than just exercise performance. In fact, there are many health benefits to staying well hydrated. Our bodies rely on adequate fluid intake:

- For **heart health**
- For **muscle function**
- To help **prevent headaches**
- To **help with fatigue**
- To help with **digestion**
- To **prevent heat-related illnesses** (like heat stroke)

When to Hydrate for Summer Activities

1. **BEFORE:** The American College of Sports Medicine (ACSM) [recommends prehydrating several hours before](#) activity or heat exposure.
2. **DURING:** How much you need to drink is unique to each individual and each activity since we all sweat at different rates. Water is often the best option although [some individuals may benefit from fluids containing electrolytes](#) (like sports drinks) during prolonged or intense exercise.
3. **AFTER:** Drinking water soon after you stop your activity is often recommended. However, it is important to rehydrate at a rate that [allows your body time to absorb the fluids](#). It can be best to [skip some sugary drinks or drinks with alcohol or caffeine](#) which can slow down the hydration process.

Did You Know?

Becoming thirsty is not always a reliable indicator for hydration needs. In fact, **thirst might be an indicator that [you are already dehydrated](#)**. The color of your urine can be a reliable indicator of hydration level. (Monitor your [hydration with this helpful guide](#)).

For more information and resources on getting active outdoors, visit your Be Well Vermont Wellness Platform: www.bluecrossvt.org/bewellvt



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