



HR Healthy Hub

Hydration is Key to Preventing Heat-related Illnesses



Whether inside or outdoors, your body loses water throughout the day, especially in extreme heat. Staying properly hydrated is critical in Arizona's high temperatures. Water is the best choice for hydration during hot weather. Proper hydration helps your body regulate its temperature, eliminate waste, and keep your mind functioning well. Not getting enough water can have real effects on your health – when your body becomes dehydrated, you can begin suffering from heat-related illnesses, and if left untreated, it can even lead to death. It can be hard to know how much water you need to drink throughout the day. You may be dehydrated and not even know it. We're here to help with some general guidelines you can follow.

The average adult needs at least eight eight-ounce cups (64 ounces) of water per day, which is equal to two liters or half of a gallon of water. Each person's hydration needs can vary depending on activity level and other factors. When working in the heat, drink one cup (eight ounces) of water every 15 to 20 minutes (24 to 32 ounces) per hour. Drinking at shorter intervals is more effective than drinking large amounts infrequently. Do not drink more than 48 ounces (1½ quarts) per hour! Drinking too much water or other fluids (sports drinks, energy drinks, etc.) can cause a medical emergency because the concentration of salt in the blood becomes too low. People who are engaging in prolonged or strenuous activities in the heat may benefit from sports drinks with balanced electrolytes.

Pay attention and act when you notice signs of dehydration to avoid heat-related-illness. Always carry water with you and drink even if you do not feel thirsty.

Source: Arizona Department of Health Services

June Events

Friday, June 5: 5:30pm-9pm

Anderson Auto Group sponsors First Friday
Location: Downtown Kingman

Friday, June 12: All Day

Anderson Powersports Reno sponsors Hole In One for the Alyce McCracken Golf Tournament
Location: Oak Golf Course

Friday, June 12: 5pm-8pm

Anderson Auto and Powersports Group sponsors the Lake Havasu Area Chamber of Commerce Annual Celebration of Business
Location: London Bridge Resort Convention Center

Saturday-Sunday, June 13 & 14: All Day

Anderson Auto Group sponsors the Hole in One for the Shuffler Golf Tournament
Location: Cerbat Cliffs

Saturday, June 20: 12pm-10pm

Anderson Auto Group sponsors Rhythm and Brews Festivals
Location: Metcalfe Park

Saturday, June 27: All Day

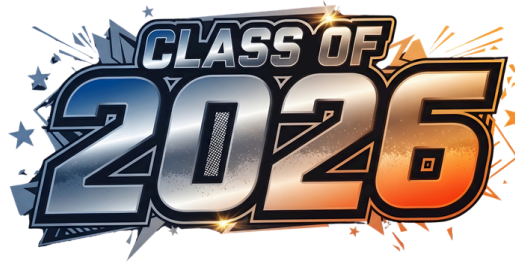
Anderson Powersports Reno sponsors Holes for the Heroes Golf Tournament
Location: Fallon Golf Course

Congratulations to Our Grads!

Here are a few of our employees' recent grads.



Jaslene Olivo



Ricky Schneck



Sienna Dooley



Ayden Reed



Seven Shuffler



Brielle



Jill Faris

Anderson Anniversaries

Congratulations to employees celebrating 10 or more years in June with Anderson Auto and Powersports Group - we appreciate you!

Employee	Years	Store
Joseph Leslie	17	Nissan
Lee Wilson	16	Toyota
Jesus Zavala	14	Ford Bullhead
Steven Holland	12	CDJR
Dana Cunningham	11	CDJR
Brian Maxwell	10	Toyota
Lacey Korson	10	Honda