



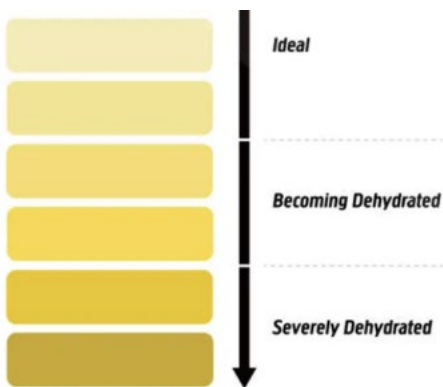
# SUMMER HYDRATION

When the sun's out and your sweat glands go wild, these tips will help you keep your cool, because passing out at a barbecue isn't a vibe.

## Beverage Choices

- Choose water first but also include drinks like coconut water or decaffeinated teas.
- Avoid energy drinks, they often contain high levels of caffeine and sugar, which can increase dehydration and put extra strain on your heart.
- Avoid or limit caffeinated and alcoholic drinks they can lead to dehydration.
- Add fruit slices (like lemon, cucumber, or berries) to your water for flavor without sugar.
- Electrolyte drinks are OK but watch the sugar content.

Urine Color Chart



- ## Water Intake
- Drink water regularly, even if you don't feel thirsty.
  - Aim for at least 8–10 cups of water a day (more if you're active or sweating heavily).
  - Carry a reusable water bottle with you and refill it throughout the day.
  - Drink water before, during, and after outdoor activities.
  - Start and end your day with a glass of water.



## Heat & Hydration Habits

- Set reminders to drink water, especially if you're busy or forgetful.
- Check your urine color—light yellow means you're likely hydrated; dark yellow means you need more fluids.
- Don't rely on thirst alone—by the time you feel thirsty, you may already be dehydrated.
- Teach kids and seniors to hydrate often, as they're more vulnerable to dehydration.

Keep your hydration on point this summer without caffeine, alcohol, and energy drinks to slow you down. Your body will thank you with better recovery, cooler vibes, and energy for fun in the sun!