

BEAT THAT SUMMER HEAT

Summer is finally here! That means beach all day, no school, no homework, and all fun...but beware! Summer also means that the sun is out longer and the days are hotter, so it's very important to **KEEP HYDRATED!!** Dehydration is when more water leaves your body than enters. You also lose body salts like potassium, sodium, calcium bicarbonate, and phosphate. Although you don't feel like you are sweating in the pool YOU ARE! To find out how much water you need to drink (in ounces) take your weight and divide it by 2. Take that number then divide it by 8 to get how many 8 ounce glasses you should drink. (eg. if you are 150 lb you need to drink 75 ounces or 9 8-ounce glasses.)

Symptoms from dehydration

- Thirst
- Less-frequent urination
- Dry skin
- Fatigue
- Light-headedness
- Dizziness
- Confusion
- Dry mouth and mucous membranes
- Increased heart rate and breathing

Ways to keep hydrated:

- **BRING A WATER BOTTLE TO PRACTICE AND SWIM MEETS!!**
 - This is one of the easiest ways to keep hydrated...drink water!
- **Drink sports drinks like Powerade or Gatorade that have electrolytes.**
 - Electrolytes replenish your body with the necessary salts that are lost through sweat.
- **Drink lowfat chocolate milk after workouts.**
 - Provides natural protein and carbs
 - Replenishes your body with the same electrolytes that Powerade and Gatorade do.
- **Eat foods with high water content.** (You can also add these to you water to give it some flavor)
 - **Watermelons** are 92% water and contain salt, calcium and magnesium.
 - **Cucumbers** are 96% water and contain high levels of vitamin K (helps with blood clotting) and iron.
 - **Strawberries** are 92% water and have lots of fiber and vitamin c.
- Take sips of water all throughout the day. (Not only when you are feeling thirsty.)
 - Set a timer to remind you to drink water. You can even download apps on your Android or iPhone like Daily Water, iDrated, Waterlogged, or OasisPlaces (theses apps are all free).



Stay safe this summer and I hope to see you all with water bottles at practices and meets!

