

TIP OF THE WEEK



Stay Hydrated

How much water does your body need? It depends on you and your circumstances. If you are active on a hot day, you will need more water than if you are sitting in an cool office.

Signs of Dehydration Include:

Thirst, dry skin, urinating less often than usual, dark-colored urine, feeling tired, or dizziness and fainting.

These tips can help:

- Limit outdoor activity to **morning and evening** hours.
- **Cut down** on exercise when it's hot.
- Drink **2-4 glasses** of cool fluids each hour.
- **Rest often** in shady areas.
- Protect yourself from the sun by wearing a **hat and sunglasses**.

**LivingWell**
make it a priority

THE UNIVERSITY of TEXAS SYSTEM

www.livingwell.utsystem.edu