

# Thirsty 30

Staying hydrated is necessary at every age. At Country Meadows, we have hydration resources throughout each campus to help our residents and co-workers remain healthy. Here are 30 tips to whet your whistle.

## Water's health benefits

1. Digestion
2. Maintaining a normal temperature
3. Lubricating your body and cushioning joints
4. Protecting your spinal cord and other sensitive tissues
5. Reducing constipation and helping with urinary tract infections
6. Ridding wastes through urination, perspiration and bowel movements
7. Suppressing appetite and metabolizing stored fat
8. Cooling down your body as you sweat
9. Maintaining proper muscle tone
10. Firmer skin

11. Taking diuretics, antihistamines, laxatives, antipsychotics and corticosteroids (they can cause frequent urination which depletes water and electrolytes)
12. Not having urinated during your work day or in a seven-hour period
13. The volume, color and smell of your urine can help monitor water intake: a clear, pale color means you are well hydrated; scanty, dark or smelly are signs you need to drink more
14. Fatigue, cognitive fogginess and a slower metabolism
15. Chronic joint pain, headaches and gastric ulcers
16. Dry skin that remains folded when pinched
17. Low blood pressure and a weak pulse
18. Rapid breathing and heartbeat
19. Diabetes and heart disease
20. Allergies and asthma
21. Cold hands and feet
22. Excessive sweating
23. When traveling
24. Sun exposure

## Risks & warning signs of dehydration

## Other sources of hydration

25. Coffee (in moderation)
26. Fruit-infused water enhancers
27. Smoothies, milkshakes and popsicles
28. Chicken, beef or vegetable broth soup
29. Fruit juices and sports drinks
30. Raw fruits and vegetables