

ALTITUDE

Taking Wellness to New Heights

August 2024

Hydration Nation

As we enjoy the peak of summer, it's important to prioritize our health and well-being. This month, we're focusing on the importance of staying hydrated and how it can positively impact our overall health. Hydration is crucial all year-round, but during the scorching summer months, it's essential to replenish the water our bodies lose through sweat and to keep ourselves properly hydrated. Did you know that more than half of our bodies are made up of water? That's why it's important to drink enough water to maintain our bodily functions and overall well-being.

To make hydration more exciting and enjoyable, we encourage you to put a fun spin on your water. Add a burst of flavor by infusing your water with fresh citrus slices, berries, or cucumber. Not only will this enhance the taste, but it will also make your water even more refreshing. So grab a glass of water and let's dive in!

Hydration Tips

Staying hydrated has many benefits beyond just quenching your thirst. It can boost your energy, improve your thinking abilities, aid digestion, and enhance your physical performance. By prioritizing your hydration, you'll be better prepared to face the day and stay productive. Here are [some tips](#) to help you stay hydrated all day long:

- Carry a reusable water bottle: Having a water bottle with you at all times serves as a reminder to drink water. Opt for a reusable bottle to reduce plastic waste and stay eco-friendly.
- Set reminders: In the midst of a busy workday, it's easy to forget to drink water. Set reminders on your phone or computer to prompt you to take regular sips.
- Make it a habit: Incorporate drinking water into your daily routine. Start your day with a glass of water, have a water break mid-morning and mid-afternoon, and drink water with your meals.
- Track your intake: Use a water tracking app or simply keep a tally of how many glasses of water you consume each day. This will help you stay accountable and ensure you're meeting your hydration goals.
- Explore other hydrating options: While water is the best choice for hydration, you can also incorporate other hydrating beverages such as herbal teas, coconut water, or infused water to add variety to your routine.

Remember, staying hydrated is not just about drinking water when you're thirsty. It's about proactively taking care of your body and ensuring it has the necessary fluids to function optimally. Use these tips to take control of your water-intake and stay hydrated this summer!

The Importance of Staying Hydrated

Water is vital for our bodies to properly function. From boosting physical performance to supporting brain function, water plays a significant role in our overall well-being. [This article](#) from Healthline emphasizes the importance of staying hydrated and highlights several key reasons why drinking enough water is crucial for our health:



Myths About Water

- **Myth:** If you're not thirsty, you're probably not dehydrated.
- **Fact:** Thirst does not always correlate with hydration. Fluid levels can drop by 2-3% of your body weight before you even realize you're thirsty.
- **Myth:** You can't drink too much water—more is always better.
- **Fact:** You can overconsume water by drinking more water than your body can flush out, causing water toxicity (hyponatremia).
- **Myth:** Drinking liquids is the only way to stay hydrated.
- **Fact:** In fact, about 20% of your fluid is obtained through foods with high water content.
- **Myth:** Everyone should drink 8 glasses of water a day.
- **Fact:** Each person's hydration needs are unique (depending on activity levels, weight, gender, age, climate, etc.).



- Proper hydration is essential for maximizing physical performance. When we're dehydrated, our energy levels plummet, and our physical abilities suffer. Staying hydrated enhances our endurance, strength, and overall athletic performance. Water also aids in weight loss by increasing fullness and boosting metabolism, making it a valuable ally in our fitness journeys.
- Our brains rely on water for optimal function. Dehydration can impair cognitive abilities, affecting concentration, memory, and mood regulation. Adequate hydration supports brain health, improves mental clarity, and reduces the risk of headaches.
- Water is also crucial for maintaining kidney health and preventing the formation of kidney stones. It helps flush out waste products and toxins from our bodies, ensuring our kidneys can perform their vital filtering functions effectively.
- Water promotes regular bowel movements and prevents constipation. It keeps our digestive system running smoothly, ensuring proper nutrient absorption and waste elimination.
- Water moisturizes and nourishes skin cells, contributing to healthy skin. It can help reduce the appearance of fine lines and wrinkles, giving us a radiant complexion.

This article emphasizes the importance of sufficient water intake for our health. However, the amount of water needs varies based on factors such as age, gender, activity levels, weight, and climate. As a general guideline, [Mayo Clinic](#) recommends an adequate daily fluid intake of about 15.5 cups (3.7 liters) for men and about 11.5 cups (2.7 liters) for women, which can come from water, other beverages, and food.

Jazz up Your Water

Adding flavor to your water can be a fun way get excited about drinking more of it. Check out some of [these creative suggestions](#) to make your water more exciting:

- Add slices of fruits like berries, citrus, or watermelon to your water for a refreshing and flavorful twist.
- Experiment with herbs such as thyme, lavender, or mint by adding them to your water to infuse it with unique flavors.
- Consider using flavored water enhancers that are available in the market to add a burst of flavor to your water.
- Use a fruit-infusing water bottle or pitcher to easily infuse your water with different flavors.
- Make your own flavored ice cubes by freezing fruit juice or herbal tea and adding them to your water.
- Consider using sparkling water or adding a splash of fruit juice to your water for a fizzy and flavorful experience.

Remember, these suggestions are meant to make water more enjoyable and flavorful, but it's important to prioritize staying hydrated by drinking plain water as well. Get ready to take on the hot month of August by staying extra hydrated!

