



## NEWS RELEASE

For Immediate Release  
June 8, 2009

For Further Information Call:  
Molly Klumb  
530-889-7350

# Be Cool-Be Water Wise!

With the warm season already here, it is crucial that we keep ourselves hydrated. The amount of water a person needs on a daily basis depends on their health, activity level and where they live. The USDA recommends drinking 8 - 10 cups of water per day. Children in particular need to take water breaks about every 20 minutes to stay well hydrated while playing outside on a hot day. Do not wait until you are thirsty to finally drink water. That is your body's way of saying it is past due for water.

Even though water is not considered an essential nutrient, it is an essential part of our diet. The body can only survive a few days without water. Approximately 65% of our body weight is made up of water. Water aids in digestion, regulates body temperature, helps rid the body of waste, and carries nutrients and oxygen to cells. Your body loses a large amount of water each day through urinating, breathing and sweating. Pay attention to your thirst levels and how your body is feeling before and after you consume water.

### Easy ways to stay well hydrated:

- Start with a cup of water right when you wake up in the morning. Your body has not had any fluids for several hours and needs to be replenished.
- Drink a glass of water before or after each meal. Everyone must eat, so make it a habit to drink fluids with your meals.
- Purchase a re-usable water container or carry bottled water with you at all times. Whether it is in your purse, bag, car or office, having water more easily accessible will make it more likely for you to drink it.
- Increase your intake of fresh produce, as fruits and vegetables have high water contents.
- Drink water before, after and during you exercise.

### Signs of dehydration:

- Dry mouth
- Feeling weak or dizzy
- Headache
- Nausea
- Fatigue
- Muscle cramps
- Blurred vision



Parents and child care providers can learn more water wise tips through the UCCE's Nutrition BEST program at 530-889-7350 or visit us online at <http://ceplacer.ucdavis.edu>.

Sharon K. Junge  
Nutrition, Family Consumer Science Advisor