

Summertime Hydration: Ways to Beat the Florida Heat!

By

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Summer is here, and for many of us that means enjoying the sun and being more active outside. If you plan on being active this summer, make sure you drink lots of water to stay safe and healthy while having fun.

Water helps keep our bodies healthy by keeping our temperature normal, protecting the organs inside our body, and helping break down the food we eat. Water makes up 75% of the muscle and 10% of fat in our bodies. Because water makes up so much of our bodies, we have to make sure to drink enough water to stay healthy. We lose water by breathing, being active, and sweating. When our bodies lose too much water, we get dehydrated. Signs that someone is dehydrated include being thirsty, having a headache, feeling dizzy or like they have to throw up, and not sweating when active. Here are steps to take if this happens to you or someone else while you are outside:

- STOP the activity immediately.
- Get out of the sun; find a place with shade to rest.
- Slowly sip cool water.
- Go to a doctor or clinic to make sure you are okay.

Here are some tips to help you beat dehydration and enjoy your summer fun:

- Stay hydrated. Drink 8 – 10 cups of water or other fluids each day. Avoid sodas and other sugary drinks; they provide empty calories and can cause tooth decay.
- Drink before you play. Drink two cups of water two hours before you plan on being active. Sip the water slowly to avoid an upset stomach.
- Drink while you play. Drink 2 – 4 cups of cool water or a sports drink each hour while you are being active.
- Drink after you play. Drink 2 – 3 cups of cool water for every pound you lose after being active.

So, drink your water this summer and stay healthy! Here is a recipe for a perfect low-fat thirst quencher:

Summer Breeze Smoothie

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| 1 Cup fat-free, plain yogurt | 6 medium strawberries |
| 1 Cup pineapple, crushed, canned in juice | 1 medium banana |
| 1 tsp. vanilla extract | 4 ice cubes |

1. Place all ingredients in blender and puree until smooth.
2. Serve in frosted glass.

Yield: 3 servings **Serving size:** 1 cup each **Each serving provides:** Calories 121, total fat less than 1 gram, Saturated fat less than 1 gram, Cholesterol 1 mg, Sodium 64 mg, Total fiber 2 grams, Protein 6 grams, Carbohydrates 24 grams, and Potassium 483 grams. (Source: University of Florida Family Nutrition Program May 2010 newsletter)