Healthy Hydration

Staying hydrated is important for everyone and this is especially true for older adults. Older adults are at a greater risk of becoming dehydrated because as with age, our thirst receptors do not work as effectively. Also, our kidneys become less efficient at conserving water.

**Why is water important?**
- It keeps body cells, tissues and organs running smoothly.
- It helps maintain a constant internal temperature.
- It prevents constipation, cushions joints and protects body organs.

**How do you know you’re getting enough water?**
- Check the color of your urine; it should be the color of light lemonade. If it is the color of apple juice, you need to drink more water.
- Pay attention to how often and how much you urinate. If you are urinating small amounts, it could be a sign to drink more fluids.

**Signs of dehydration:**
- Dry mouth, flushed skin, fatigue and headache.
- Increased body temperature, breathing and pulse rate.
- Dizziness, weakness, impaired breathing with activity.
- Dark colored urine - the color of apple juice (however, vitamins and certain medications may also cause this).

**To avoid accidents:**
- Try to drink more fluids when you’re at home or close to a restroom.
- Take bathroom breaks even when the urge to go is not strong.
- Drink less water a few hours before bed.

**Tips for staying hydrated:**
- Don’t wait until you are thirsty; make a habit out of drinking at least eight 8-ounce glasses of water daily.
- Have an 8 ounce glass of water at every meal.
- Keep a bottle filled with water nearby to remember to take water breaks.
- If you see a water fountain, stop to take a sip.
- Drink water before and after being outside on a hot or warm day.

There are general recommendations and may not be appropriate for everyone. Please consult with your healthcare provider regarding your individual needs.
Percent of water found in certain drinks and foods:
- Milk - 90%
- Decaffeinated tea or coffee - 99%
- Soup (broth-based) – 90%
- Cucumber – 97%
- Tomato - 95%
- Apple – 86%

**WEEKLY LOG OF ALL NON-ALCOHOLIC BEVERAGES**

INSTRUCTIONS: For each day, mark an [X] in each box for every 8oz cup of water you drink per day. At the end of the week, review each day to determine if you need to make changes the following week so that you’re including more fluids in your diet.

MONTH: **MARCH**

<table>
<thead>
<tr>
<th>SUN.</th>
<th>MON.</th>
<th>TUES.</th>
<th>WED.</th>
<th>THURS.</th>
<th>FRI.</th>
<th>SAT.</th>
<th>NEED TO MAKE CHANGES (CIRCLE ONE)</th>
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<tbody>
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<td>YES or NO</td>
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Note: Please return completed hydration log to your class leader to participate in a prize drawing. Make sure to include your name at the top of this page.

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