



## Hydration for Our Senior Citizens

The summer is upon our Pickleball Players and many other outside activities participants. Water isn't just a refreshing thirst-quencher, it's essential to almost all bodily functions, from lubricating our joints to pumping blood into our heart. "Do you drink 8 glasses of water each day?"

The American Heart Association suggest a quick way to tell if you're drinking enough water is to check your urine. If it's pale in color and clear, you are likely well hydrated. If it's dark-colored with amber or brown tones, you may be DEHYDRATED.

Why are Seniors more vulnerable to dehydration?

- Our appetite and thirst diminish with age. When your body is craving fluids, you may not be aware of it.
- We are more likely to take medications that increase dehydration risk.
- Our bodies don't regulate temperature as efficiently as young folks. We tend to sweat more now which effects dehydration.

What to look for.

- Fatigue or feeling weak
- Irritability
- Dizziness
- Headaches
- Muscle Cramps in arms and legs

What are you going to do differently?

- Don't wait until you are thirsty to drink fluids.
- Watch your sodium intake. Eat water-rich foods.
- Drink 8 glasses of water a day adding flavors to jazz up your H2O
- Pay attention to possible symptoms and don't ignore warnings!

Let all have a fun, safe and healthy summer season. For more information, log into the American Heart Association.