

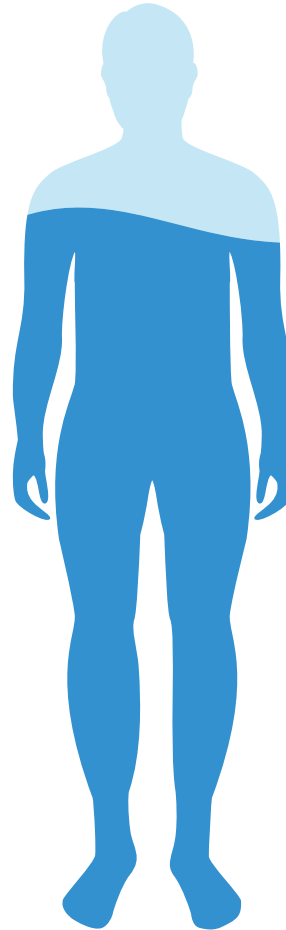
# Hydrating Your Body



ACTIVE ADVENTURES  
BE FIT TOGETHER

HEALTH BREAK

*Did you know that the human body is made of 50-75% water? Water is needed by all of our organs and for almost every bodily function.*



Dehydration occurs when your body does not have enough fluid.



Watch the color of your urine. Urine should be pale yellow, except for first thing in the morning.



Staying hydrated helps alleviate constipation.



Make a habit of carrying a reusable water bottle everywhere you go.

Perk up your water with fresh fruit or herbs for added flavor.



Limit caffeine to less than 400 mg a day.



Dehydration can lead to increased complications from allergies and asthma.



Set daily goals with reminders to drink more water. Challenge co-workers and friends to join in!

## HYDRATING WITH FRUITS AND VEGGIES

Did you know that fruit and vegetables are not only packed with vitamins and minerals, but some are also made up with more than 90% water!



WATERMELON

91%



LETTUCE

95%



BELL PEPPER

95%



STRAWBERRY

91%



CUCUMBER

95%



TOMATO

95%

## SOURCES / ADDITIONAL READING



USDA - Water, Hydration, and Health

## AUTHOR

Susan Conner, Extension Agent  
Community Health Leadership Team