

# Water — Drink Up!

## *When should you drink extra water?*

*~When you exercise*

*~When it's hot outside or inside*

*~When you're active or on the go*

*~When you're sick*

Drinking water is very important for your health. It keeps you hydrated, helps you lose weight, and keeps your teeth and gums healthy.

Here are tips to make sure you get enough:

- ⇒ You may feel hungry when you are actually thirsty. If you feel hungry after you've eaten, try drinking water. Also drink a glass of water with your meals.
- ⇒ Don't wait to get thirsty! Sip water all day and always keep a water bottle with you.
- ⇒ Drink plain water or unsweetened beverages (like unsweetened tea) throughout the day.

**Are you dehydrated (severely lacking water in your body)?**

**Check for these signs and call your doctor if you have them:**

- Nausea or vomiting
- Headaches
- Higher body temperature
- Dry lips, tongue, and skin
- Sore or cramping muscles
- Constipation
- Hoarse voice
- Restless
- Infrequent and darker-colored urine
- Light headed and loss of energy