



HYDRATION

STAYING HYDRATED IS VITAL

Did you know that water makes up approximately 60% of our body weight? It's no wonder that proper hydration is crucial for maintaining optimal health. Water is involved in various bodily functions, including temperature regulation, digestion, nutrient absorption, and waste removal.

Here are a few key reasons why staying hydrated is vital:

1 Enhanced Physical Performance

Whether you're an athlete or simply enjoy an active lifestyle, maintaining proper hydration levels can improve your endurance, strength, and overall performance.

2 Mental Clarity and Focus

Dehydration can negatively impact cognitive function, leading to fatigue, decreased alertness, and difficulty concentrating. By keeping yourself adequately hydrated, you can stay sharp and focused throughout the day.

3 Temperature Regulation

Water acts as a coolant, helping your body maintain a stable internal temperature. Proper hydration is especially important during hot weather or when engaging in physical activities that cause you to sweat.

4 Promotes Healthy Skin

Hydration plays a significant role in maintaining skin elasticity and preventing dryness. Drinking enough water helps keep your skin moisturized, radiant, and youthful-looking.



Tips for Staying Hydrated

Now that we understand the significance of hydration, let's explore some practical tips to ensure you're keeping your hydration levels in check.

1 Drink Water Regularly

Make it a habit to drink water throughout the day, even when you're not feeling thirsty. Carry a reusable water bottle with you wherever you go as a reminder to hydrate.

2 Infuse with Flavor

If plain water seems dull, infuse it with natural flavors like lemon, cucumber, or mint. This can make hydrating more enjoyable and encourage you to drink more.

3 Monitor Your Urine Color

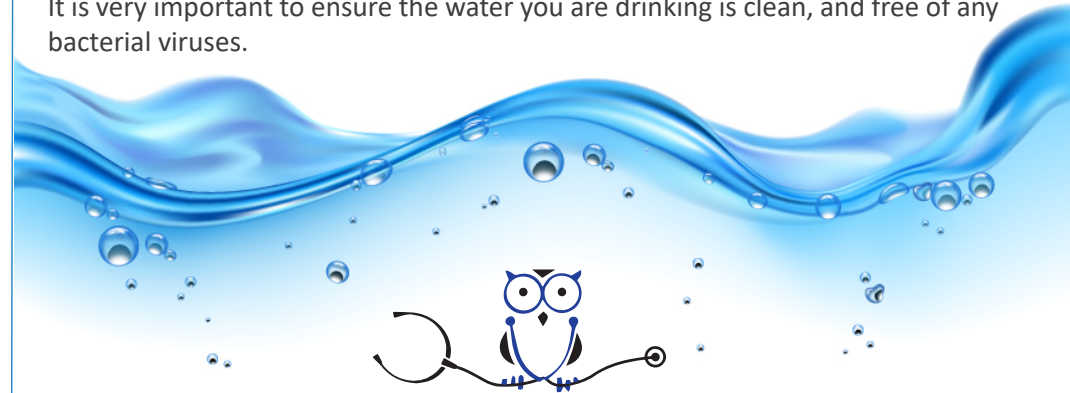
A useful indicator of hydration is the color of your urine. Ideally, it should be pale yellow or clear. Dark-colored urine may indicate dehydration, so drink up!

4 Include Hydrating Foods

Many fruits and vegetables have high water content and can contribute to your overall hydration. Watermelon, cucumbers, strawberries, and oranges are excellent choices.

PRO TIP

It is very important to ensure the water you are drinking is clean, and free of any bacterial viruses.



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