



Bakersfield Composite Squadron #121



60-Second Safety Advisor #34

Staying Hydrated

Water is crucial to your health. It makes up, on average, 60 percent of your body weight. Every system in your body depends on water. Lack of water can lead to dehydration, a condition that occurs when you don't have enough water in your body to carry on normal functions. Even mild dehydration — as little as a 1 percent to 2 percent loss of your body weight — can sap your energy and make you tired. Dehydration poses a particular health risk for the very young and the very old. Signs and symptoms of dehydration include excessive thirst, fatigue, headache, dry mouth, little or no urination, muscle weakness, dizziness, and lightheadedness. Every day you lose water through sweating — noticeable and unnoticeable — exhaling, urinating and bowel movements. For your body to function properly, you need to replace this water by consuming beverages and foods that contain water.

So, how much water do you need to drink to stay hydrated? There is no single rule that works for everybody since there are many personal variables to consider including your general health, age, level and type of daily activities, etc. As general rule, the Institute of Medicine recommends that men consume 3 liters (about 13 cups) of total beverages a day and women consume 2.2 liters (about 9 cups) of total beverages a day. You will of course need to increase your intake for hot weather and high-exertion activities. So, drink lots of water and watch for the symptoms. *(This 60-Second Safety Advisor contains excerpts from the Mayo Clinic web-site)*

