

WHERE TO GET MORE HDYRATION



Infused Water



Milk



Water



Sport Drink



Herbal Tea



Fresh Fruit/Vegetables



Fruit/Vegetable Juice

WHAT FLUIDS CAN DEHYDRATE



White Tea  
Black Tea  
Green Tea



Dark Soda



Matcha



Energy Drinks



Coffee

WHAT DOES YOUR URINE SAY?

|                 |                   |  |                    |
|-----------------|-------------------|--|--------------------|
| SEE DOCTOR      | OVER HYDRATED     |  | NO COLOR           |
|                 | GOOD              |  | PALE STRAW YELLOW  |
| NORMAL          | FAIR              |  | TRANSLUCENT YELLOW |
|                 | LIGHT DEHYDRATED  |  | DARK YELLOW        |
| DRINK WATER NOW | DEHYDRATED        |  | AMBER              |
|                 | VERY DEHYDRATED   |  | BURNT ORANGE       |
| SEE DOCTOR      | SEVERE DEHYDRATED |  | RED                |

## SIGNS OF DEHYDRATION

- Not Urinating or very dark urine
- Dry skin that doesn't bounce back when pinched
- Rapid heartbeat or breathing
- Dizziness or Lightheadedness
- Unconsciousness from low blood pressure
- Fatigue
- Sunken or dry eyes
- White tongue
- Headache

## GENERAL WATER GUIDELINES

Half your body weight  
in ounces Example:  
 $120/2 = 60$ , drink  
about 60oz of water

\*Generally, about 2-3L per day

## CAFFEINE: IS TOO MUCH HARMFUL?

- Caffeine is a diuretic which pulls more water into blood to be excreted in urine
- Excess caffeine can increase her heart rate and blood pressure
- Can increase restlessness, shakiness and insomnia
- Excess can cause dehydration which can increase fatigue, headache, dizziness, cramping

## WHAT ARE FLUID NEEDS BASED ON

- Hydration is weight based. Larger framed people will have higher needs than smaller frames.
- Exercising causes you to sweat, which causes larger losses in body fluid
- Higher temperatures cause increased fluid needs
- Sickness: Fevers, vomiting and diarrhea also cause fluid loss and increased needs