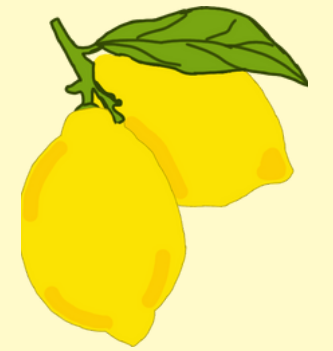


Let's Talk about:



Hydration

Hi CCS Community!

I hope you are doing well! For this month's blog post, I wanted to talk about the importance of hydration. We often talk about the importance of feeding our bodies with healthy foods, but making sure we are hydrated with healthy drinks is just as important!

Why is it important to pay attention to what we drink?

The recommended amount of water intake for the average person varies. Rather than focusing on a target amount of water consumed, it is important to think about what your sources of hydration are. For some people, drinking a few water bottles a day works well. For others, their hydration may come from water, caffeinated beverages, juices and sodas. The best way to fuel your body is to have the majority of your hydration come from plain water!

Additions to Water

Plain water is the way to go to make sure your body gets the hydration it needs. One way to make sure you get enough water intake in a day is to carry a water bottle. I have found that having different targets during the day helps me make sure I am drinking enough water. For example, I try to finish one water bottle before lunch and another before dinner. Another way to incorporate more water is to drink it with every meal. If you want to change the taste of your water, I recommend adding a slice of lemon or cucumbers!

Coffee & Tea

The Centers for Disease Control and Prevention recommends limiting your caffeine intake to around 3 cups of coffee or tea per day. Caffeine is not inherently bad, but it may replace your bodies need for plain water, so it is important that you don't get all of your hydration from caffeinated beverages.

Sodas & Juices

Soda and juices are not the best way to stay hydrated. These beverages typically contain a fair amount of sugar, even the "zero sugar" options are sweetened with other artificial sources. If you would like to consume soda or juice, I would limit this to 1 cup per day. It is important to read the labels on your beverages and check how much of your daily sugar comes from these drinks.

Staying hydrated is an important way maintain your body temperature, keep you cool as the weather gets warmer, cushion your joints and help the body get rid of waste products. Be mindful of the ways you stay hydrated and let me know if you have any other thoughts!

