

# OPERATION HYDRATION



## Simple Ways to Stay Well Hydrated

Staying hydrated is important, as **every organ, cell, and tissue in your body depends on water for survival**. Proper hydration also addresses a bevy of health concerns, from dry mouth and bad breath to gallstones and irregularity. Each day you lose water by simply going to the bathroom, sweating, and breathing. Replacing these lost fluids is vital to preventing dehydration. **Some common symptoms of dehydration include:**

- Infrequent urination
- Urine that is darker in color than usual
- Extreme thirst
- Dry mouth
- Sleepiness or fatigue
- Headache
- Feeling dizzy or lightheaded
- Confusion

**You can help prevent dehydration by following these simple steps:**

1. Keep a bottle of water on hand. Sipping water throughout the day helps prevent dehydration.
2. Make it a point to drink a glass of water when you wake and during meals.
3. Eat fruits and vegetables. They are naturally water-dense, especially citrus fruits, watermelon, lettuce, and tomatoes.
4. Drink water before you exercise, as well as during and after.
5. If you are drinking alcohol, always pair it with a glass of water to offset its dehydrating effects.

Source: WebMD ([www.webmd.com](http://www.webmd.com))