

Hydration & Health Tips

TIPS TO PREVENT HEAT RELATED ILLNESS DURING PHYSICAL ACTIVITY

High potassium foods are a quality source of energy and should be consumed regularly to maintain energy and stamina.

<u>HIGH POTASSIUM FOODS</u>		
FRUITS	VEGETABLES	OTHER
Oranges	Dried beans, peas & lima beans	Peanuts
Orange Juice	White & Sweet Potato	Almonds
Bananas	(Baked, boiled, mashed)	Pecans
Apricot	French Fries	Milk
Kiwi	Potato Chips	Tomato Sauce
Pear	Mushrooms	& Spaghetti
Nectarine	Avocado	
Cantaloupe/Melon	Pumpkin	
Dried Fruit: Dates,	Asparagus	
Figs,	Tomato	
Prunes & Prune		
Juice		

Before Physical Activity

- Drink plenty of fluids during the day* especially 1 ½ to 2 hours prior to physical activity. Fluids that are recommended are WATER, FRUIT JUICES and other approved energy drinks.

Note: Caffeinated beverages have a dehydrating effect on body and will not aid in keeping you hydrated properly. AVOID CAFFEINATED SODAS, TEA and drinks containing other high processed sugars.

*The easiest way to tell if hydrated enough is check the color and quantity of your urine. If urine is dark and decreased in volume, then you need to drink more fluid.

- Just prior (5-15 minutes) before physical activity drink 12 cups of water which will prepare your body to have enough extra fluid to replace your initial sweat loss.

During Physical Activity

- KEEP DRINKING WATER (or approved sports drink such as Gatorade, Powerade, etc.) during your activity. DO NOT WAIT UNTIL YOU ARE THIRSTY – your thirst signal in your body will not be a good indicator to keep up with your needs. Always drink more than what quenches your thirst. Guideline: drink 8-16 oz. after 15-20 minutes of strenuous exercise. Don't skip your water breaks. DRINK!!!

Hyperthermia, or overheating of the body, can be mild and temporary, but in advanced stages, it can be life-threatening. The degrees of severity:

	SKIN	PULSE	BODY TEMPERATURE	WHAT TO DO
HEAT STRESS Occurs when hot weather puts strain on the body.	Normal Sweating	Normal	Normal	Move to cool place, drink cool or cold water.
HEAT EXHAUSTION* Symptoms warning that the body is overheating: person may be thirsty, giddy, weak, dizzy, uncoordinated, nauseated, or sweat copiously.	Cold and Clammy	Normal or Rapid	Usually Normal	Move to cool place indoors or in shade. Loosen clothing; take fluids such as cool or cold water or sports drinks. Lie down to rest in a cool, breezy place.
HEATSTROKE** A life-threatening emergency; person needs immediate medical care; death rate is high after symptoms appear.	Dry and Red	Strong and Fast	Above 104 degrees F.	Call for emergency help. Move to a cool place. Place feet higher than head. Remove clothing and either wrap person in a cold, wet sheet, sponge with towels, or spray with cool water. Perform CPR if needed.

***Heat Exhaustion is often caused by dehydration or sodium depletion, but don't take salt supplements without medical advice.**

****With Heatstroke perspiration stops; person may faint or stagger, become confused or combative; coma begins if person is not assisted.**