



A community of friends enjoying enriched, vibrant and independent lives together

Dear IAH Members:

Summer is a great time to get active, spend time with friends and family, and enjoy the outdoors. The hot weather can also pose health challenges, especially for folks in our age group. One of the main health issues is dehydration.



The Centers for Disease Control recommends adults consume 48-64 ounces of fluid each day. If you are outdoors in the heat, you should consume even more.

Fluid can come in the form of fruit and vegetable juices, soup, water, and milk. While sodas and coffee are liquids, many health professionals say they shouldn't be counted in your daily total. If they contain caffeine, which is a diuretic, they can increase the risk for dehydration.

Here are a few tips to help you stay hydrated:

- Drink a few glasses of water or juice with every meal.
- Instead of taking a few sips of water with medication, drink a full glass.
- Invest in several stainless steel water bottles or small thermoses to refill and reuse throughout the day.

- *Keep handy a list of water-rich fruits and vegetables to incorporate into meals and snacks. Melon, berries, cucumber, celery, bell peppers, oranges, spinach, and romaine all pump up hydration.*
- *Drink a bottle or glass of water before and while you exercise.*
- *Wear a hat that shields the face to keep your body temperature lower, reducing the risk for dehydration.*

A final tip - limit alcohol consumption on hot days or when spending time outdoors. Like caffeine, it can cause fluid loss that increases the chance for dehydration.

Have a safe, healthy, and fun summer!

SAVE THE DATE: June 28 th:

***The Aging Body and the Importance of Diet, Exercise and Lifestyle
with Dr. Marie Fanelli Kuczmarski***



Aging can impact your quality of life, if you let it! Join Dr. Marie Fanelli Kuczmarski for a motivating talk about how to feel better, enjoy greater energy and improve one's quality of life by making the right choices regarding the foods we eat, the exercises in which we engage and our overall lifestyle.



Dr. Marie Fanelli Kuczmarski is a nutrition scientist at the National Institute on Aging at the National Institutes of Health. If that name is familiar, it's because she is the sister of our very own Joe Fanelli!



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upcoming IAH events and programs.***