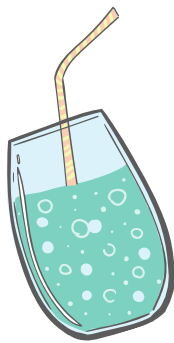


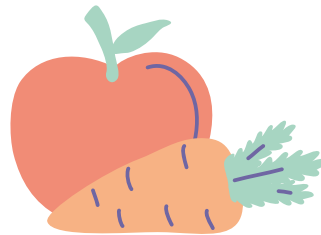
6 Tips to Prevent Dehydration

As we age the risk of dehydration increases making it that much more important to take a proactive approach to avoid dehydration and get plenty of water each day.



Stay hydrated and choose to drink water instead of sugary sodas and drinks.

1



The water content of fruits and vegetables can range from 70-90% so eating plenty of fruits and vegetables can help keep you healthy and hydrated!

2

Keep water next to your favorite chair and bedside table in a reusable water bottle.

3



Make hydration a routine. Have a glass of water when you wake up, with meals and snacks, and before bed.

4



Add cucumbers, lemons, limes or other fruits of your choosing to your water to mix it up and add flavor without added sugars.

5



Dehydration and diabetes can be a dangerous combination. It's important to stay hydrated to help blood pump to the heart, brain, kidneys, and muscles. Dehydration can increase stress hormones and raise blood sugar. High blood sugar can cause more frequent trips to the bathroom, increasing the risk of dehydration.

6

