

# THE *Center Spirit*

**FREE!**

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A PROJECT OF



# Tips to Stay Hydrated in the Summer Months

By: Esti Asher, MS, RDN, LD

Although often overlooked, drinking water is an essential and critical recommendation to promote health and wellness. Providing your body with the water that it requires often results in exceptional benefits such as increasing focus, increasing recognition of hunger cues, decreasing fatigue, aiding in weight loss, helping with digestion, flushing out toxins, and improving skin complexion.

Water recommendations vary by individual, but the following is a general calculation used to help determine one's daily water goal. Aim to drink the amount of water (in ounces) that equals your weight (in pounds) divided by two. For example, if someone weighs 150 pounds, it is recommended that he or she drinks 75 ounces of water per day. (Please note, there are some medical conditions such as kidney disease and congestive heart failure that require fluid-restrictions; it is best to ask your physician if you require a fluid-restriction.) Also, factors such as physical activity level and rising temperatures (which cause us to sweat more) increase our water needs as well.



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Disclaimer: The information in this article is for informational purposes only. This article is not meant to be used as Medical Nutrition Therapy and thus is not intended to diagnose, treat, cure, or prevent any health conditions. Please consult with your physician if you have specific questions regarding your health.



While drinking water is relatively simple and inexpensive, adopting the habit to drink enough water can sometimes be challenging. Below are 5 tips to help you stay hydrated this summer (and all year round)!

**1** Have a daily water goal. Whether you think of your goal in ounces, cups, or number of water bottles consumed, be mindful of what your goal is. It is helpful to keep track of the water you drink throughout the day in order to help you reach your goal.

**2** Know your water preferences. What water temperature do you prefer? Cold? Hot? Room temperature? With ice? We each have different preferences, and tailoring your beverage to your preference will make drinking water more enjoyable

**3** Think outside the faucet. Drinking water does not need to be basic from the tap or bottle - consider drinking seltzer (carbonated water), tea, or water infused with different fruits.

**4** Sip with a straw! Drinking water with a straw (either disposable or reusable) makes drinking water more effortless and often leads to reaching your daily water goal more easily.

**5** Drink throughout the day. Have intentional times throughout the day to focus on drinking water. Furthermore, have a water bottle or cup within reach at (almost) all times, to make it easier to drink throughout the day.

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**1** **Fruit salad** - Cut up a variety of fruits and place them together in a bowl and enjoy! You can follow a recipe, or simply put one together based on your preferences and/or what you have in your kitchen. The fruit salad can sit within the juices of the fruit themselves, or you can add an additional liquid such as orange juice. If you have apple pieces within your salad, add some lemon juice to prevent them from browning.

**2** **Fruit skewer** - It is so fun (for both adults and kids who are old enough) to assemble and eat fruit skewers! When preparing the pieces of fruit, make sure they are big enough to slide onto the skewer. I recommend using cake-pop sticks for an added safety precaution. Of course, parental supervision is always necessary.

**3** **Smoothie** - Prepare a smoothie of your choice with whatever (fresh or frozen) fruit that you have on hand. Smoothies are fun, delicious, refreshing, hydrating, and are always appreciated - especially in the hot summer months! In addition to fruits, use a liquid base such as water, milk, milk-alternative (such as almond milk or soy milk), yogurt, or juice. Feel free to include a mild tasting vegetable for added nutrition and hydration as well! For an extra nutrition boost, aim to include a protein such as Greek yogurt or a nut/seed butter as well.

Notice the benefits to reinforce your good habit! When you notice how you have more energy, can think more clearly, and do not feel the need to snack (as much) throughout the day, among the countless other benefits, remind yourself how your efforts to stay hydrated have paid off and are noticeably beneficial. Use this to reinforce the good habit you are forming. L'Chaim!