

Stay Hydrated, *Stay Healthy*

Water keeps us healthy—mentally, emotionally, spiritually and physically. Throughout the year, especially during warmer months, it is important to stay hydrated.



What is hydration?

Hydration is taking care of your body by drinking water. The human body is mostly water, and water helps the body function. When our bodies lose water, like when we sweat, that water needs to be replaced.



How do I stay hydrated?

Drink water throughout the day. The exact amount of water each person needs will be different. If you feel thirsty, that's your body telling you that it's time to drink water. It's important to drink water before we feel thirsty.



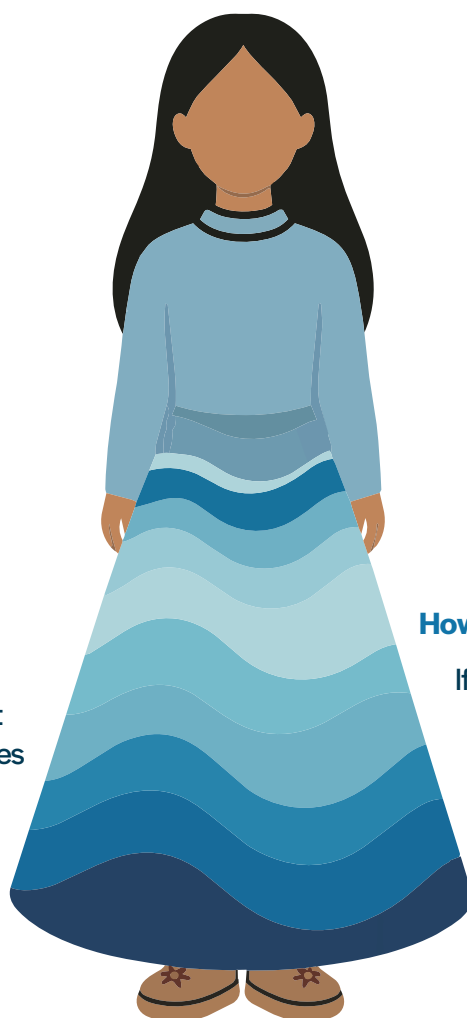
Why is hydration important?

Water is life, as it is essential to keep our bodies functioning. Water helps the heart pump blood throughout the body, removes waste, regulates body temperature, and performs many other functions. Our bodies constantly use water in ways we can't see.



How do I know if I'm not drinking enough water?

If you feel thirsty, you may be a little dehydrated. Another way to tell if you need to drink more water is by checking the color of your urine; darker urine indicates that your body needs water. Some symptoms of dehydration may include headaches, dizziness, lightheadedness, dry mouth, feeling tired, and muscle cramps.



Tips to drink more water

- Carry a water bottle so you can drink throughout the day
- Have water with your meals
- Add a squeeze of lemon or lime to your water to add some flavor



**Urban Indian
Health Institute**

References

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2. Elwan D, Schweinitz P de, Wojcicki JM. Beverage consumption in an Alaska Native Village: A mixed-methods study of behaviour, attitudes and access. *International Journal of Circumpolar Health*. 2016;75(1):29905. doi:10.3402/ijch.v75.29905
3. CDC. About Water and Healthier Drinks. U.S. Centers for Disease Control and Prevention. 2026.
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