



Resident Wellness Newsletter

HEALTHY & HYDRATED

As we learned in our Week #1 Handout, seniors are more prone to dehydration than younger adults for a variety of reasons (if you missed the Handout, you may access it [HERE](#)). According to [WebMD.com](#), adults should try to drink between half an ounce and an ounce of water for each pound of weight, every day. For example, if you weigh 150 pounds, that would be 75 to 150 ounces of water a day.

An oft-heard remark upon hearing this requirement is, 'but I'm just not thirsty'. Thirst is a condition that presents after dehydration sets in, so, we would say in response, '***you should be drinking even if you are not experiencing thirst.***' While many people believe they do not experience thirst on a regular basis, most of us can recall a time in the not-so-distant past when we did experience what we assumed to be HUNGER (growling stomach, emptiness, slight dizziness, lightheaded-ness). According to many nutrition experts, those symptoms can also indicate thirst. For this reason, it is recommended that upon first noticing "hunger pangs", we go to the sink and pour ourselves a cool, refreshing 8 oz. glass of water before we head to the cookie jar.

HEED THESE WARNING SIGNS OF DEHYDRATION:

- Thirst
- Headache
- Weight loss
- Darker colored urine
- Increased heart rate
- Lowered blood pressure
- Sunken eyeballs
- Less frequent urination
- Dry mouth & eyes
- Constipation

If "Plain Old Water" fails to excite your thirst, please watch for our upcoming publications on food choices that will help you to reach your water intake goals, as well as some infused water recipes. These handouts will be available during the month of August. If you do not find them within your community, please visit our [website](#) to view them.

<https://live2bhealthy.com/balanced-wellness-materials/balanced-wellness-materials-august/>



To locate **FREE** local senior fitness classes in your area, please visit:

<https://live2bhealthy.com/classes/>

Enter your zip code to find locations near you.

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