

# HYDRATE



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In Puerto Rico the hottest season lasts about five months, mainly between the middle of the month of May until the middle of the month of October. The average daily maximum temperature fluctuates around 87.8 F. The hottest month of the year in San Juan is August with an average maximum temperature of 87.8 F and a minimum of 77 F. Water plays a very important role in the human body. During the hot season or when you exercise, water should always be at your side, as it regulates body temperature. Humans can withstand up to six weeks without eating but cannot go more than a week without drinking water.

## HOW WATER INFLUENCES HEALTH

- It carries nutrients and oxygen to all cells of the body.
- It helps convert food into energy.
- It lubricates the joints.
- Protects and cushions vital organs.
- It dampens the oxygen we breathe.
- It helps the senses work properly.
- It transports nutrients to cells.
- Transports waste out of the body.

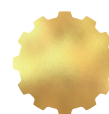
## MILD TO MODERATE SYMPTOMS OF DEHYDRATION IN ADULTS

- Headache
- Dry mouth
- Urinating and sweating less than usual
- Dark yellow (amber) urine
- Dry skin
- Tired feeling
- Dizziness
- Constipation

Don't wait till you're thirsty for water. To stay hydrated during the hot season, be sure to drink water at each meal and between meals; increases the consumption of fruits, and green leafy vegetables. You prefer to drink water instead of sugary drinks, tea, or coffee to quench your thirst. When doing any type of physical activity, remember to drink water before, during and after exercise. Drinking water is essential for health, physical and mental performance. Make it part of your lifestyle.



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## References:

Mayo Clinic  
<https://www.mayoclinic.org/diseases-conditions/dehydration/symptoms-causes/syc-20354086>

Medline Plus  
<https://medlineplus.gov/ency/article/000982.htm>