

# Drinking Fluids Is Important



It is important for your body to have plenty of fluids each day.

Drinking enough fluids every day is essential to good health and your feeling of well being. More than 60% of our body is made up of water, so staying hydrated is important to keep your body functioning properly. As adults, we lose more than 80 ounces of water daily just through normal activity.

As a natural part of the aging process, our bodies undergo changes that increase our risk of becoming dehydrated. Seniors can lose their sense of thirst and tend not to drink enough. Age slows down our metabolism and we need fewer calories. We are not generally as physically active as we once were, either. Our appetites decrease, we eat less food and as a result get less fluids from foods like fruit and vegetables.

Because of the potentially serious consequences of dehydration, it is important to recognize the causes and symptoms so you can stay properly hydrated. The most important way to prevent dehydration is to make sure you are drinking enough fluids.



## OUR MISSION:

Park Place Seniors Living strives to provide enriched life experiences to seniors through innovation and creativity.

## OUR VISION:

At Park Place Seniors Living we are known for our unwavering commitment to enriching the lives of those we serve by providing a voice and a choice with dignity, respect and empathy.

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# Hydration

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## Hydration Tips

All adults, seniors included; should drink at least 6 to 8 glasses of fluid such as water or non-caffeinated beverages daily.

### TRY THESE TIPS FOR GETTING ENOUGH FLUIDS:

- 1** Keep water readily available, try to drink fluids throughout the day
- 2** Take sips from a glass of water, milk, or juice between bites during meals
- 3** Have a drink with your afternoon snack
- 4** Drink a full glass of water when you need to take pills
- 5** Remember, water is a good way to add fluids to your daily routine

## Did You Know?

Water can also be found in many fruits and vegetables, so try to include them as part of your daily diet. This will help you to stay hydrated. Include fruits like melons, berries, apples and oranges. Vegetables such as lettuce, cucumbers, celery and cauliflower are also good.



### THE MOST COMMON SIGNS AND SYMPTOMS OF DEHYDRATION INCLUDE:

- fatigue or tiredness
- muscle weakness or cramps
- headaches
- dizziness
- nausea
- forgetfulness
- confusion
- rapid breathing
- increased heart rate

The most important way to prevent dehydration is to make sure you are drinking enough liquid. Correcting dehydration is not the best answer, as the old saying goes, an ounce of prevention is worth a pound of cure, so drink plenty of fluids!



#### FAST FACT

Seniors are among the most at risk group for dehydration, which is one of the most frequent causes of hospitalization after age 65.

*Reviewed by a group of Park Place Family Representatives*