

# STAY COOL AND HYDRATED: BEAT THE SUMMER HEAT!

Staying hydrated during the warm summer months is an important part of enjoying the season. Whether your plans include more walks or bicycle rides, soaking up the sun, or taking that long-awaited vacation, make sure you drink enough water to stay hydrated. This is necessary as it will keep your body — and mind — functioning at its best. For the average healthy adult, the general recommendation for water intake is eight 8-ounce glasses of water per day — that's 64 ounces a day. Everyone's needs vary, however, depending on their activity level and even the climate in which they live.

Staying hydrated does not have to be just ensuring you drink water, follow these tips to ensure you stay hydrated all summer long!

- **Water on the Go:** Carry a funky, reusable water bottle wherever you go.
- **Fruit Infusions:** Add a splash of fun by infusing your water with fruits like berries, citrus, or cucumber.
- **Hydration Apps:** Use a hydration app with reminders to drink up.
- **Eat Your Water:** Snack on water-rich fruits like watermelon, strawberries, and oranges.
- **Popsicle Treats:** Make your own hydrating popsicles with fresh fruit juice.
- **Chill with Chia:** Add chia seeds to your drinks for a fun texture and hydration boost.
- **Sippy Straws:** Use colorful, bendy straws to make sipping more exciting.
- **Smoothie Time:** Blend up hydrating smoothies with fruits, veggies, and a splash of coconut water.
- **Social Sips:** Challenge friends to hydration goals and share progress for a fun twist on staying healthy.



**FOR MORE INFORMATION ON STAYING HYDRATED DURING THE SUMMER. VISIT:**

[Diet.mayoclinic.org/us/blog/2022/how-to-stay-hydrated-over-the-summer/](https://diet.mayoclinic.org/us/blog/2022/how-to-stay-hydrated-over-the-summer/)



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