

Seasonal Safety Spotlight

National Park Service
Department of the Interior



Why worry about hydration?

Our bodies are 75% water, and our brain is 85% water. Our bodies, from our cells to our beating hearts, rely on water to perform at peak levels. Dehydration, or loss of water, can lead to joint pain, muscle weakness, fainting and eventual death.

What are some benefits of hydration?

Hydration aids in fat loss and can reduce fatigue and illness. It can also help with reduced blood pressure, improved bowel movements, and younger-looking skin.

How do I stay hydrated?

- **Drink plenty of water:** Our bodies require us to drink *at least 1 Liter* of water per day. If you are exercising or it is hot and humid, you may require more.
- **Avoid caffeine and sugary drinks (sodas, juices, alcohols):** These act as diuretics and cause your body to lose water, contributing to dehydration.
- **Don't wait until you are thirsty to drink water!**

