“Refresh” Your Knowledge

With all the outdoor activities we do during the hot summer months, staying hydrated is crucial. Here’s a refresher on dehydration symptoms. Know the signs!

- Thirst
- Headaches
- Dark yellow urine
- Joint or muscle pain
- Constipation

The recommendation is eight 8-ounce glasses of water per day, or around 64 ounces. There are about 34 ounces in a 2 liter, so you should be drinking about two 2 liters of water per day to remain adequately hydrated.

Just remember, if you are sweating from exercise or the heat of the day, you may need even more.