

# TIP OF THE WEEK



  
**LivingWell**  
make it a priority  
THE UNIVERSITY of TEXAS SYSTEM

## Stay Hydrated

*How much water does your body need? It depends on you and your circumstances. If you are active on a hot day, you will need more water than if you are sitting in a cool office. An average person on an average day needs about 3 quarts of water.*

### Signs of Dehydration Include:

*Thirst, dry skin, urinating less often than usual, dark-colored urine, feeling tired, or dizziness and fainting.*

### These tips can help:

- Limit outdoor activity to **morning and evening** hours.
- **Cut down** on exercise when it's hot.
- Drink **2-4 glasses** of cool fluids each hour.
- Try to **rest often** in shady areas.
- Protect yourself from the sun by wearing a **hat and sunglasses**.

[www.livingwell.utsystem.edu](http://www.livingwell.utsystem.edu)