



# TARGET TIPS

## HYDRATE AGAINST THE HEAT



*Summer temperatures vary widely across the world, but that doesn't change the fact that heat and dehydration are ubiquitous obstacles for most anyone trying to get fit or stay fit. Letting down your guard with regards to proper hydration could lead to anything from poor performance and fatigue, to serious medical concerns. Consider the following strategies to keep you on top of your fluid intake and one step ahead of the heat.*

### METABOLISM MATTERS

Remember to check the nutrition facts on any new drinks you decide to try. Many drinks come with added calories, which can be problematic. Knowing your resting metabolic rate can help you determine whether you have room for a few extra calories in your diet.

**Add a bit of flavor.** It's all well and good to say that you need to take in such-and-such a volume of fluid each day, but actually drinking it can feel a little tedious. Or maybe the flavor of the water available doesn't agree with you. Whatever the reason, if you need to shake things up, the options are virtually endless. Sliced fruit, herbs, or berries can add a subtle flavor without piling on calories. If you need a boost in electrolytes, you might explore sports drinks. Every option comes with costs and benefits. Experiment and determine what will work best for you, but don't neglect your hydration altogether.

**Befriend the bathroom.** A common deterrent when it comes to hydration is the effect it will inevitably have minutes to hours afterward. Don't fight it. Plan ahead and throughout your day so that you have time to take an extra trip or two to the bathroom if needed. Remember that urine color is one of the easiest ways to determine whether fluid intake is sufficient. Your bathroom breaks will give you a chance to gauge how well hydrated you actually are.

**Know your body.** One of the things that can make hydration a difficult topic is that there is a lot of variation between individuals. There are basic principles that can apply broadly to most adults, but to really hydrate properly, you must consider your body's unique needs. Take into account medical diagnoses and conditions, but don't neglect the subtler signs either. What signs of dehydration are particular to you? Does your pulse feel lighter than usual? Does the skin over your knuckles stay raised longer than normal when pinched? There are some signs - especially early ones - that only you will recognize. Arm yourself by knowing what they are.