

# SUMMER HYDRATION FITNESS

## URINE COLOR HYDRATION CHART

OVER HYDRATED	GOOD	FAIR	LIGHTLY DEHYDRATED	VERY DEHYDRATED	SEVERELY DEHYDRATED
					
					
					

## BEHAVIORS THAT INCREASE YOUR RISK FOR DEHYDRATION, HEAT EXHAUSTION AND HEAT STROKE

DRINKING ALCOHOL

TOBACCO USE

SYNTHETIC SUBSTANCE USE [VAPING]

EXERCISE AND OUTDOOR ACTIVITIES DURING THE HOTTEST PART OF THE DAY

To prevent sun and heat-related injuries, reduce alcohol intake and increase water consumption. Soda, energy drinks, and juices are less hydrating than water or sports drinks and may increase Dehydration risks.

## SIGNS OF HEAT STROKE

DIZZINESS

HEADACHE

FACIAL FLUSHING

NAUSEA + WEAKNESS

