

Drink Water This Summer

Like vitamins and minerals, water is important for our health. Often though, its importance can be overlooked. Water is vital for survival, so be sure to drink up this summer.

Thirst is our body's way of telling us we need to drink. As we age, our ability to feel thirst decreases. In hot weather, we need to drink more, so be sure to drink before you feel thirsty.

If you do not drink enough fluids, you can become dehydrated. Water is the ideal fluid to drink because it is naturally free of sugar and calories.

Think water is boring? Try these tips:

- Flavor your water with fresh herbs, citrus, cucumber slices or berries
- Drink seltzer
- Add a small splash of 100% juice