



HEALTHY HYDRATION HABITS

Learning to recognize signs of good hydration

WHY IS BUILDING A GOOD HYDRATION HABIT IMPORTANT?

- **As your body ages it becomes less efficient in regulating fluids. This means it can be easier to become dehydrated.**
- **Studies have shown that thirst is not reliable for telling older adults how much and when to drink.**
- **Age, health conditions and medications can also make it more difficult to stay well hydrated.**

EVERY PERSON HAS A DIFFERENT TARGET FOR THEIR DAILY FLUID INTAKE, INFLUENCED BY...

- Gender, size, age and activity level.
- Building a healthy hydration habit is even more important for older adults, children and those with certain health conditions because they are more prone to dehydration.



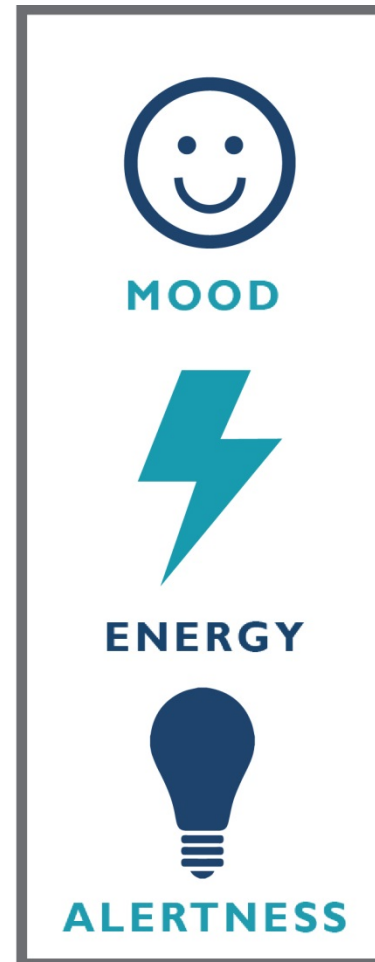
HOW MUCH DO YOU DRINK?

- Drinking the right amount of fluids each day can help you feel better, avoid health complications and maintain good health.
- Tracking how much you drink everyday can help you build a healthy hydration habit.
- The AquaTally hydration tracking cup simplifies tracking how much you drink.



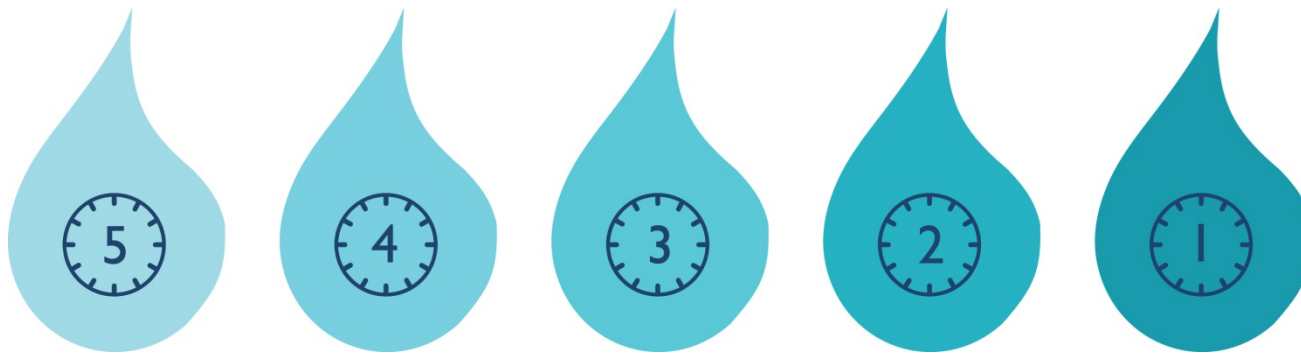
YOUR LEVEL OF HYDRATION CAN AFFECT HOW YOU FEEL

- **Studies have shown that mood, energy level and alertness can be affected if you become mildly dehydrated.**
- **Drinking enough will help prevent kidney stones, urinary tract infections, constipation and dry skin.**
- **Paying attention to how you feel can help you stay on track with your daily hydration.**



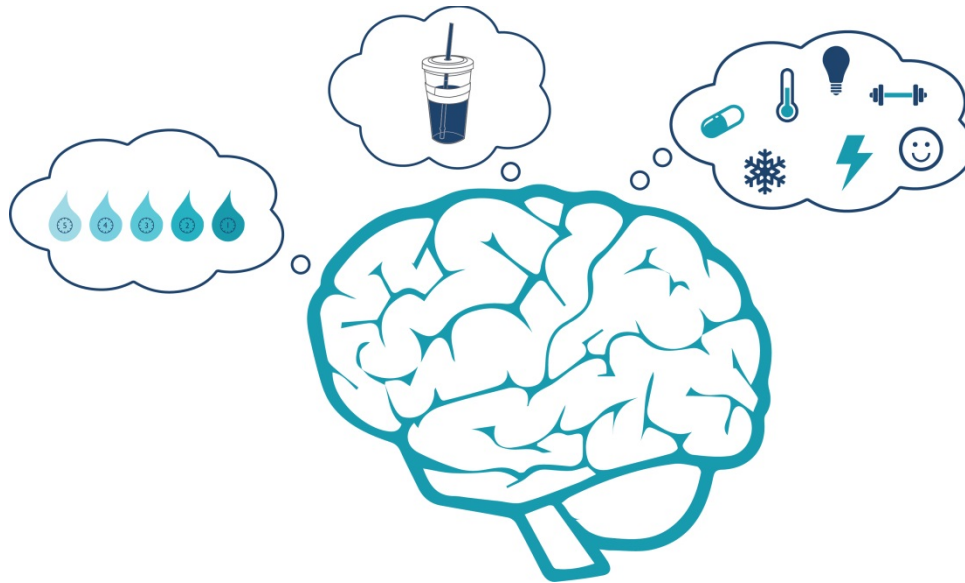
MONITORING YOUR HYDRATION INDICATORS

- For older adults, thirst is not a reliable indicator of hydration status.
- Keeping track of how often you go to the bathroom, urine color and fluid intake may be needed to stay well hydrated.
- Headaches, fuzziness, low energy or mood changes may also be your early symptoms of dehydration.



ARE YOU ON TRACK?

- Tracking how much you drink, how you feel and monitoring your hydration indicators can help you decide if you are drinking enough.



ANTICIPATE CHANGES IN YOUR ROUTINE

- Mild dehydration puts you at a higher risk for a change in your daily routine causing a serious hydration related health event, like a hospitalization.
- Temperature, exercise, the season, and medications can all affect how much you need to drink.
- It's important to increase how much you drink if you know that you are going to be more active or in warm temperatures.

***Consult with your Doctor, Dietitian or Pharmacist if their is a significant change in your medication or health - ask how this may affect your hydration or diet.**



TEMPERATURE



EXERCISE



SEASON



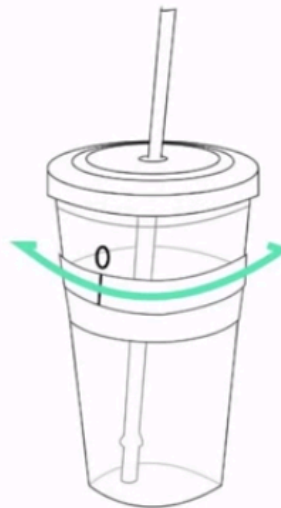
MEDICATION



HOW IT WORKS

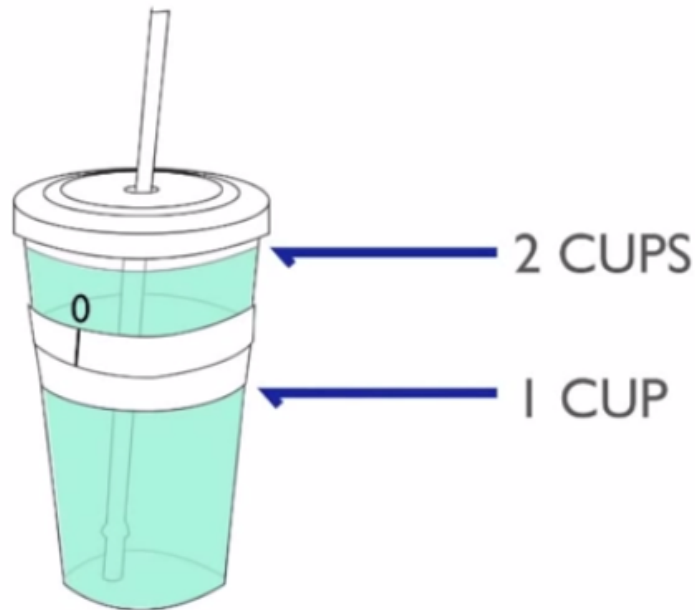
COUNTING ONE CUP AT A TIME

- Start with the black line on the tracking ring set to “0”
- Each number on the AquaTally represents 1 cup (8 oz)



COUNTING ONE CUP AT A TIME

- The 1 cup (8 oz) mark is at the bottom of the colored band and 2 cups (16 oz) is at the top of the AquaTally (there is a small plastic ridge that indicates the top of the cup)



COUNTING ONE CUP AT A TIME

- When you drink half of the AquaTally (bottom of the colored band), turn the tracking ring so that the black line is set to “1.” When you drink the entire AquaTally turn the ring to “2.”
- Repeat until you reach the recommended amount of fluid.



DAILY TRACKING CARD

Day	How many cups did you drink?	How did you feel?
1		
2		
3		
4		
5		
6		
7		

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