

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
- Using Synthetic Substances such as Vaping
- Exercise and Outdoor Activities

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 and Weakness

