



Taking Care of Hawaii Businesses for Over 35 Years

Staying Hydrated

The Importance of Water

Water is essential for feeling good and staying healthy. Being hydrated—having enough water in your body—helps regulate your energy and body temperature. Water helps your organs work properly. It removes waste from your system, keeps your appetite in check and helps control your body weight.

How Much Water Do We Need?

It varies from person to person, depending on your weight, age, health, medications you take, the amount of exercise you get and climate you in which you live. As a general rule, many experts recommend at least eight 8-ounce glasses daily.

For advice about your specific water needs, ask your doctor or a nutritionist. There are also online tools (www.intellihealth.com and www.webmd.com) that can help you determine how much water you need given your weight, lifestyle and environment.

There is No Substitute

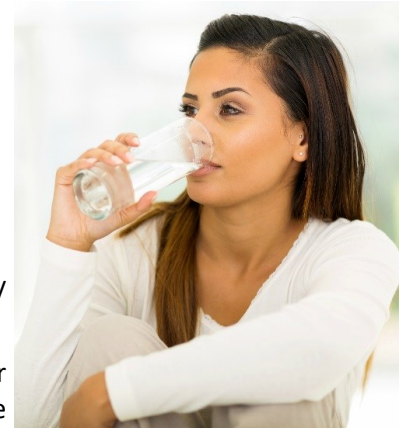
You may love soda, but nothing takes the place of good old H₂O. There are some current theories that certain soft drinks may contribute to weight gain. Soft drinks often contain caffeine—which is also found in coffee, tea and chocolate. Caffeine dehydrates you. So sodas can't do the job that water does when it comes to keeping you healthy.

Start a healthy habit of drinking plenty of water daily. You'll feel a difference!



Signs of Dehydration

1. Feeling ill, fainting
2. Fatigue
3. Lack of tears
4. Constipation
5. Overheating
6. Muscle cramps
7. Thirst, dry mouth and/or throat
8. Dark yellow urine or decreased urine production
9. Decreased skin elasticity
10. Sudden light-headedness, confusion
11. Palpitations (feeling that your heart is jumping or pounding)



Causes of Dehydration

Many conditions may cause rapid and continued fluid loss and lead to dehydration.

1. Fever
2. Heat exposure
3. Too much exercise
4. Vomiting, diarrhea and increased urination due to infection
5. Diseases such as diabetes
6. Impaired ability to drink
7. Significant injuries to skin (e.g. burns) or mouth sores
8. Skin diseases or infections (i.e. water is lost through damaged skin)

What is an Employee Assistance Program?

The EAP provides confidential and professional assistance in order to resolve problems that affect employees' personal lives or job performance.

The services are free, voluntary, and confidential.
You and your family members are eligible.



For more information, call us!

Call us at **543-8445** or

(800) 994-3571

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Services available on all islands
www.worklifehawaii.org