

Fitness For Active Families

Terrific Ways To Stay Hydrated And Healthy

(NAPSA)—Dehydration is among the most common heat-related dangers for children and adults, so making sure your family meets their daily fluid intake needs should be at the top of your “To Do” list.

Dehydration can cause dizziness, nausea and weakness. “The human body is made up of about 60 percent water and can experience dehydration with only a two percent water loss,” says registered dietitian, Jennifer Seyler. “Getting enough fluid can help you feel and look good. Studies have shown positive effects in healthy individuals when proper hydration is maintained.”

As a general guideline, most adults need eight to 12 cups of fluids daily, while children ages one to three need five to six cups and children ages four to eight require seven to eight cups. Although this may seem like a lot, there are many easy ways to meet these needs.

Variety is Key. You may be surprised to learn that a peach can help you meet your daily fluid requirements. There are many natural, delicious choices with high water content, including refreshing fruits and vegetables, broth soups, sorbets and beverages like tea, juice and of course, water. Making these foods part of your day is as easy as enjoying a cup of hot or cold tea with breakfast, eating vegetables with lunch, or serving fruit compote for dessert.

Be Prepared. Stay ahead of the game by keeping fluids handy to sip throughout the day. When heading out of the house, make it a habit to put a bottle of water in



One of the most thirst-quenching ways to stay hydrated on warmer days is naturally flavored water enhancers.

your purse or your child’s backpack. Keep a bottle of water in your briefcase to ensure you stay hydrated at work. Pack delicious, juicy fruits such as peaches for a satisfying and hydrating treat.

Go All-Natural...The Easy Way. Natural hydration doesn’t have to be a flavorless task. Add a burst of flavor to your water with natural flavor enhancers such as new Celestial Seasonings Zingers To Go, which are packaged in individual servings for convenience as you zip through your busy day. With no artificial ingredients or calories and available in four delicious flavors, both kids and adults alike will love them. In fact, studies show that children consume approximately 50 percent more fluid when it’s flavored.

These tips will help you enjoy the warm weather with a natural, healthy and hydrated body. Learn more about natural ingredients and receive one free sample of Zingers to Go, while supplies last, by calling 1-866-367-0502. Limit one request per person.