

HYDRATION – ARE YOU HUNGRY OR THIRSTY

- 85% of people are partially dehydrated
- Slight dehydration can impair physical & cognitive function
- Consumption tends to be more habit than what your body needs
- Dehydration can:
 - deplete energy & immune function
 - increase muscle contractions, swelling & kidney disease
 - decrease blood pressure
 - be disguised as hunger
- Average – 1/2 cup per waking hour; double in flight
- Avoid alcohol, juice, sugar/energy drinks & caffeine