



Wellness AtoZ is sending out weekly communications to help you and your family stay healthy and well as we practice social distancing by working from home. We hope this communication encourages you to continue practicing your health regimen and keeps your spirits lifted during this uncertain time. Connect with us on social media via Facebook, Twitter, and Instagram [@GoWellnessAtoZ](#) and tag us [#LiveWellNow](#). We would love to see how you are staying healthy!

Weekly wellness tip: Every 8th song on your music playlist, take a dance and water break!

Healthy recipe of the week: Stay hydrated with this refreshing Hibiscus Pomegranate Iced Tea [recipe](#)!

LiveWell Now!

Best practices for hydration

1. **Mindfulness:** “Habitual stress is a symptom of habitual thought.” Check out Nuuarua’s free 90-day [Stress Reduction Program](#).
2. **Find balance:** Try turning off notifications on your phone or computer.
3. **Stay active:** Set a commitment goal for how much you will exercise.

4. **Social distancing:** Share something good with your circles of influence whether it be a meme, quote, or something that made you smile or laugh.
5. **Hydration:** Check out this week's LiveWell Now! for a deep dive on staying hydrated.
6. **Healthy meals:** Try making a grocery shopping list next time you need to buy groceries.
7. **Family time:** Read often and together!
8. **Balancing work with kids at home:** Plan breaks with the kids!
9. **Stay safe in the sun:** Hats with wide brims protect your face, ears, and scalp.
10. **Transition back to the office:** Prioritize time for yourself!

Let's take a deeper dive into hydration!



[Stay hydrated during social distancing](#)

The past few weeks, since we began practicing social distancing, you've likely received a lot of information—including this email—giving you tips on how to manage your overall health as you adapt to this new lifestyle. One of the most simple wellness tips, that is often overlooked, is drinking enough water each day. In an article from Delish.com, [Dr. Gregory Jantz](#), a psychologist that specializes in anxiety and depression, shares that when people experience anxiety they tend to forget to drink water. Take this week to focus on increasing your water intake—you can do this by setting a timer every hour that reminds you to drink water or to take a water and dance break at every 8th song on your playlist. According to Dr. Jantz, drinking water helps you maintain focus and improves your mood.

Information collected from [delish.com](#)

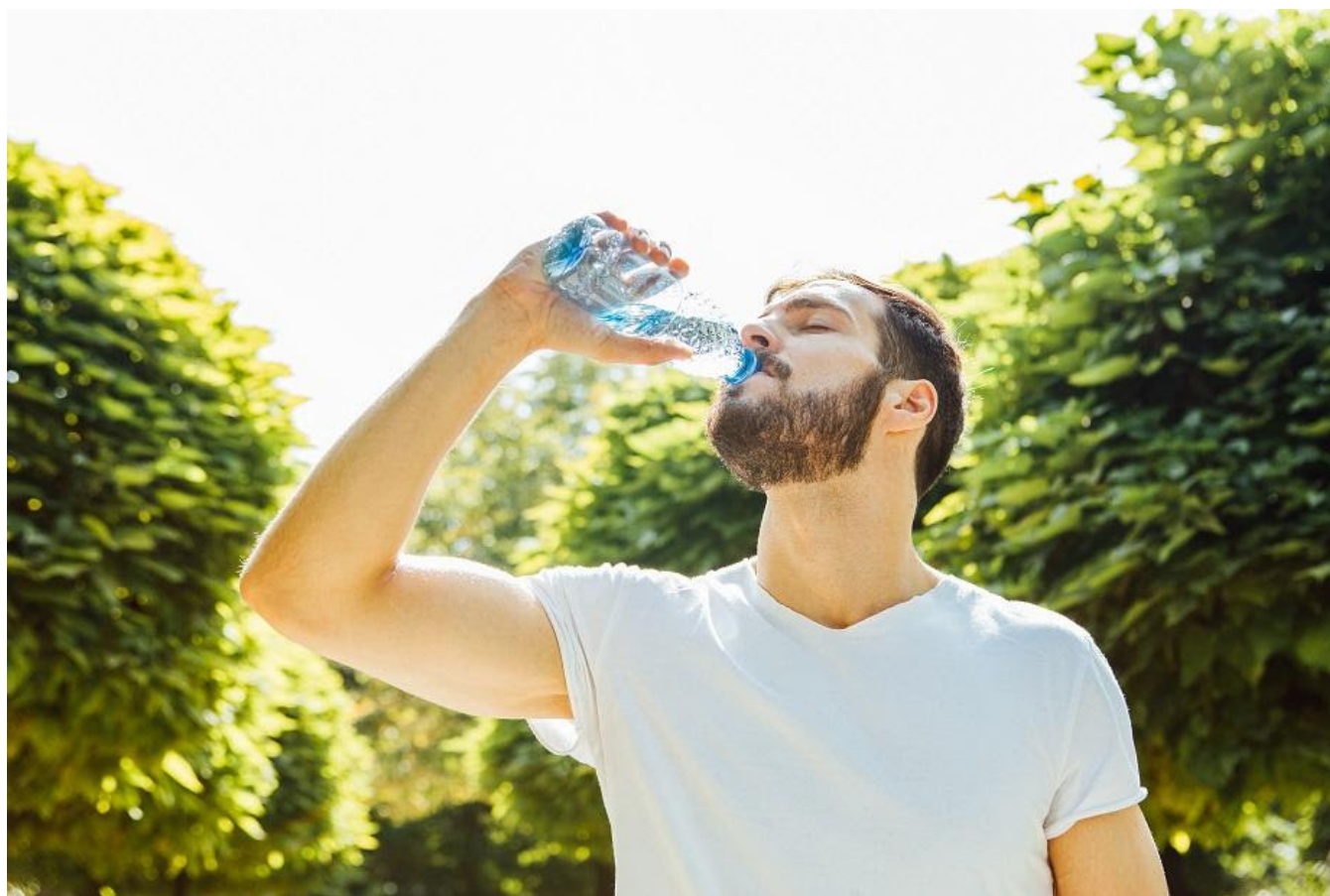
[Hydration for overall health](#)

Hydration is an essential part of your overall health. According to [Harvard Health](#), fluids are what carry nutrients to the body's cells, remove bacteria from the bladder, and prevent constipation. The main systems in the human body, such as the heart, brain, and muscles are the most impacted by your hydration status. [Heart.org](#) shared that staying hydrated is especially vital for heart health. When you are hydrated, it becomes easier for your heart to operate by pumping blood to your blood vessels and muscles. Overall, staying hydrated keeps your body functioning—at every level.

Now that you understand why staying hydrated is important, here's what you need to look out for when determining if you are dehydrated. If you experience dehydration, you might notice the following symptoms: swollen feet, weakness, dizziness, confusion, dark-colored urine dark, headache, or even a life-threatening incident like a heat stroke. **Tip:** If you notice that you do not sweat after strenuous exercise, it can be a sign that you are dehydrated and might be vulnerable to heat exhaustion.

Hydration is extremely important for Arizonans! The high summer temperatures make residents vulnerable to dehydration. Even if you are not doing any physical activity outdoors, you should still be drinking fluids when you're out in the sun—even if you're just lounging by the pool. The amount of water people need to drink varies by person and is impacted by several factors including climate, clothing worn, and exercise intensity and duration. Nonetheless, [Harvard Health](#) emphasizes that a healthy person should drink 30 to 50 ounces of water per day. The best fluid to keep you hydrated will always be water, but if it is hard for you to drink water, check out some of the tips below.

Derived from [heart.org](#) and [health.harvard.edu](#)



Tips for hydration

Drink water before you're thirsty: If you wait to drink water until you are thirsty, you are likely already dehydrated. [Livescience.com](#) shares that you probably have lost 1% of the water in your body once you feel thirsty. This is why it is important to drink enough water throughout the day to keep you from getting thirsty.

Add fruits, vegetables, and herbs to water: If the taste of water is too plain or you just need a change, try adding fruits, vegetables, or herbs to your water. Medical News Today recommends

crushing these items before adding them to your water to maximize the flavor boost. Another option to get the full flavor from them is to let them soak in the water for a few hours.

Limit salty foods: If you are trying to increase your hydration, decreasing salty foods in your diet can support your goal. Foods like chips, packaged crackers, cured meats, and canned soups (and many other foods) can lead to a reduction in your hydration level. **Be aware:** consuming sports drinks can hinder your hydration as many contain sodium. That said, sports drinks are beneficial in maintaining hydration after vigorous exercise.

Monitor fluid loss: A good indicator of your hydration level is the color of your urine. It should be pale yellow and not dark yellow. Moreover, it should not be neutral in both appearance and smell. One of the ways you may lose fluid is through exercise. This is why livescience.com recommends drinking water before and after exercise, hydrating plenty the day before your strenuous exercise, and drinking sports drinks to replenish any lost sodium.

Eat five cups of fruits and veggies: Several foods contain high levels of water, which is another way you can ensure that you stay hydrated without needing to drink water directly. A great, water-dense fruit is watermelon. It's also a perfect treat for the summer!

Derived from livescience.com and medicalnewstoday.com



Infused water recipes

To help with some creative ways to enjoy drinking your water, check out the infused water recipes below! In addition to staying hydrated, you will also benefit from the fruits, veggies, and herbs you are infusing in your water!

Ultimate detoxifier: Cucumber + Lemon + Mint Leaves

Lemon is a good detoxifier that helps with bloating and fluid retention, cucumber helps hydrate the body, reduce puffiness, and flush toxins. Mint is soothing for the stomach and reduces inflammation.

Sweet Watermelon: Watermelon + Mint Leaves + Basil

Watermelon is high in antioxidants and lycopene. Basil contains anti-inflammatory and anti-bacterial benefits.

Strawberry Basil: Strawberry + Orange + Basil

Strawberries contain healthy antioxidants, and act as immune booster. Oranges contain high levels of Vitamin C and Alkaline.

Pineapple Mint: Pineapple + Mint Leaves

Pineapple has digestive enzymes that help with digestion.

Infused water recipes from modernhoney.com**Hydrating foods and drinks**

Below are some fruits and vegetables that you can add to or increase in your diet to help you meet your water consumption goals. Every fruit and vegetable contains different levels of water content, so find the ones that work best to help you meet your goal.

1. Cucumber: 96.73%
2. Iceberg lettuce: 95.64%
3. Celery: 95.43%
4. Tomatoes: 94.52%
5. Apples: 85.56%
6. Skim Milk: 90.84%
7. Soy Milk: 90.36 %
8. Kale: 89.63%
9. Peaches: 88.87%

Adapted from medicalnewstoday.com

Thank you for reading LiveWell Now! If you are trying any of these wellness tips or know of any that we can share, tag us on social media with photos of how you and your family are staying healthy @GoWellnessAtoZ using the hashtags #LiveWellNow.