



With summers at its peak, *Hydration is vital to our overall health and well-being*. In addition to helping the body function properly, water helps regulate body temperature and flush out waste. Hydration is not just drinking water but any fluids to replenish the lost salts or electrolytes by sweating.

Tips to stay hydrated:

40-50ml/ kg body weight is the requirement of fluid for an adult provided he or she has no chronic ailments.

If not a fan of drinking plain water, always carry some low calorie drinks like cucumber juice or detox drinks and keep sipping through the day.

Drink a glass of water every 2 hours to keep up your hydration.

Avoid taking too much of caffeine and alcohol drinks as they are dehydrating.

Not sure how much water / fluids you're drinking, or whether you're drinking enough? This is the perfect time to begin tracking your water intake as you do track your exercise on your android.

Know the symptoms to avoid de-hydration:

- Feeling thirsty
- Headache or light headedness
- Fatigue or sleepiness (for children, being less active than usual)
- Less frequent urination or decreased urine output
- Dark yellow or amber-colored urine (urine that is clear or pale yellow indicates you are well hydrated)
- Constipation

Staying Hydrated Is The Key, For A Safe Summer For You And Me!

This summer let's get going with good nutrition and loose a couple of kilos.

Hydration is key to good health

1. Hydrate yourself enough: Drink water and fluids every 1 -2 hour , it will make you more energetic, eat less and be more alert.
2. Carry Detox water with you to work. Some recipes :
 1. Add Cucumber and apple slices with mint leaves in a pitcher of water , keep aside for 3-5 hours before enjoying your detox drink.
 2. Make green tea in a jar and squeeze in lemon juice and honey. Add 1/2 inch knob of fresh ginger to get that tangy tinch. Chill and enjoy your detox drink.
 3. My favourite Detox drink : Take 2 tablespoons of apple cider vinegar, dilute in 500ml water , squeeze lemon juice and a teaspoon of cinnamon and slices from 1/2 an apple. Any my detox drink is ready.
3. Besides detox drink, daily have a fresh coconut water, freshlime water, watermelon juice and green tea to make up for your hydration.

Get Fruity this summer

This summer the nature can help you lose weight: include colourful fruits in your diet, the best way to load up your nutrient quotient and get additional benefits of weight loss, glowing skin and increased metabolism levels.

How much? At least try to eat 1-2 kg per day, in any form...bite into fruit or make a glass of juice (don't discard the fibre), add fruits to your menu like porridges or smoothies or puddings

When? The best time to have fruits is in between meals like a bowl of fruits as a mid-day snack or munch your fruit while driving back from office or a glass of refreshing chilled watermelon juice to greet you once you are back from office.

Which ones? All fruits are a powerhouse of nutrients. So grab your favourite fruit this summer, whether it's the king of fruits – mangoes or the most energising fruit – banana. But a word of caution for diabetics and people with kidney disease, who need to take fruits in limited quantity.