



# JUNE WELLNESS:

## THE IMPORTANCE OF HYDRATION FOR OLDER ADULTS

As we head towards higher temperatures, increased time outdoors and exercising in the heat, it is a good time to think about staying hydrated. Hydration is important for health all year long; however, with these added factors, it is good to check your intake of fluids at this time of the year.

*It is important to check with your primary physician to find out your specific fluid intake recommendations.* This is because there may be different needs based on medical conditions, body size, exercise levels and additional individual factors. And in rare cases, it is possible to take in too much fluid, which can lead to a serious condition. To find out the recommendations that are personalized for you, be sure to talk with your health care provider.

Hydration is good for health at every age: however, it even more important for adults 60 years and over become they can become dehydrated quicker. This is due to factors such as changes in body composition, certain medications they may be taking and decreased thirst levels.

Why is hydration important? Here are some of the benefits of hydration for older adults, according to the National Council on Aging:

1. Improved brain performance and a positive effect on cognition. Hydration can even help with emotions and feelings of anxiety.
2. Assistance with digestion, including breaking down soluble fiber.
3. A provided sense of fullness, which can help with weight management.
4. Reduced friction between bones (through helping bones stay lubricated), which results in decreased joint pain.
5. Enhanced health through the support of the natural detoxification process of the body.

To learn more about these 5 benefits, and to see the full list of reasons to stay hydrated, click here:

**[10 Reasons Why Hydration is Important](#)**