

# GO WITH THE FLOW

## Your guide to balancing and boosting your electrolytes and staying hydrated

Let's be real – we all know we need to stay hydrated to be healthy and safe. Drinking water is key for staying hydrated and maintaining a balance of vital minerals called electrolytes. In turn, electrolytes direct water to areas in the body that need it most. Sometimes we might need an extra boost of electrolytes to aid in hydration, focus, recovery and prevention of headaches and cramps.

Instead of reaching for sugary sports drinks with artificial, unhealthy ingredients, **FOLLOW THE FLOW BELOW** for the best ways to stay hydrated and keep your electrolytes balanced while keeping it real!

HYDRATE	<p><b>THIRSTY?</b> <b>NOT THIRSTY?</b></p>	<p><b>DRINK WATER.</b> Water is the best, most natural &amp; accessible way to stay hydrated &amp; balance electrolytes.</p>	
	<p><b>UNSURE IF YOU'RE THIRSTY?</b></p>	<p><b>CHECK YOUR HYDRATION STATUS.</b> Drink enough water for your urine to be pale yellow in color.</p>	
	<p><b>TIRED OF PLAIN WATER AND WANT SOME FLAVOR TO YOUR DRINK? TRY THIS.</b></p>	<p><b>DRINK INFUSED WATER.</b> Add flavor by infusing your water with fruits &amp; vegetables such as berries, lemons, limes, oranges, cucumbers, or hot peppers.</p>	
	<p><b>WANT SOME ADDITIONAL HYDRATION? TRY THIS.</b></p>	<p><b>EAT HYDRATING FOODS.</b> Eat foods that naturally hydrate such as pineapples, grapefruits, oranges, watermelons, blueberries, cantaloupes, pears, tomatoes, lettuces, cucumbers and celery.</p>	
	<p><b>WANT TO GET ELECTROLYTES NATURALLY? TRY THIS.</b></p>	<p><b>EAT ELECTROLYTE-RICH FOODS.</b> Eat foods that are naturally rich in electrolytes such as lightly salted nuts and seeds, bananas, kiwis, potatoes, oranges, legumes, leafy greens, avocados, bone broth, dairy and dairy alternatives.</p>	
BALANCE	<p><b>WANT TO GET ELECTROLYTES NATURALLY? TRY THIS.</b></p>	<p><b>DRINK ELECTROLYTE-RICH DRINKS.</b> Sip on drinks that are naturally rich in electrolytes such as coconut water or a homemade electrolyte drink made with coconut water, honey, lime and salt.</p>	
	<p><b>WANT TO GIVE YOUR BODY SOME EXTRA SUPPORT? TRY THIS.</b></p>	<p><b>CONSIDER SUPPLEMENTS.</b> Electrolytes in supplement form can help keep electrolytes balanced. Consult with a health professional to determine what best meets your needs.</p>	
BOOST	<p><b>WANT TO GIVE YOUR BODY SOME EXTRA SUPPORT? TRY THIS.</b></p>	<p><b>SPARINGLY SIP ON HEALTHIER-OPTION ELECTROLYTE DRINKS OR POWDERS (STILL DRINK YOUR WATER) SUCH AS:</b></p> <ul style="list-style-type: none"> <li>• Roar Organic</li> <li>• Nooma Organic Electrolyte Sports Drink</li> <li>• BODYARMOR LYTE</li> <li>• Biolyte – IV in a Bottle (625% stronger than a sports drink or Pedialyte – mix with water unless you are dehydrated – this is medical grade)</li> <li>• Hydrant Electrolyte Powder Rapid Hydration Mix</li> <li>• V8 Hydrate</li> <li>• Essential Elements Hydration</li> <li>• Hydration Multiplier by Liquid IV</li> <li>• Replenisher by Ultima</li> </ul> <p><small>Disclaimer: Product list is not all-inclusive.</small></p>	



**KEEP IT REAL** by avoiding artificial flavors, colors and sweeteners.  
**KEEP IT HEALTHY** by avoiding high sugar content and high calories.  
**KEEP IT HYDRATED** by avoiding coffee, tea, sodas, energy drinks and alcohol.

Disclaimer: For educational purposes only. Personal health professionals should be consulted if individualized diagnosis or treatment is needed.

# DRINK UP. LOOK DOWN. STAY HYDRATED.

## UNROLL THE TRUTH ABOUT WHAT YOUR URINE COLOR MEANS.



### NO COLOR. TRANSPARENT.

You're an overachiever pee-er. You might want to cut back on drinking water.



### PALE STRAW COLOR.

You're well-hydrated. Give yourself a pat on the back.



### TRANSPARENT YELLOW.

You're normal—well, at least your urine is.



### DARK YELLOW.

Normal. But drink some water soon.



### AMBER OR HONEY.

Your body isn't getting enough water. Drink water now!



### SYRUP OR BROWN ALE.

Could be a sign of liver disease or severe dehydration. Drink water now, and see your doctor if it persists.



### PINK TO REDDISH.

If you've eaten beets, blueberries or rhubarb, it could be that. If you haven't, it could be something serious. Contact your doctor.



### ORANGE.

You're probably either not drinking enough water or it's from food dye. However, it could be a liver or bile duct condition so go ahead and contact your doctor.



### BLUE OR GREEN.

Most likely it's from food dye or a medication. If you're sure those aren't the causes, contact your doctor—it could be a bacteria.



### FOAMING OR FIZZING.

A harmless hydraulic effect, if occasional. See your doctor if foaming happens all the time—it could be excess protein in your diet or a kidney problem.

IF YOU REACH THIS POINT, "URINE" DANGER OF DEHYDRATING

You can tell a lot from looking at your urine. But you can tell a lot more from the kind of sophisticated urinalysis you could be getting along with a regular physical examination from your doctor. Blood in the urine, a serious sign, is often invisible to the naked eye. The level of sugars in your urine may indicate a risk for diabetes. When you're at your doctor's office, don't be afraid to pee in the cup. It's one of the best things you can do for your health.

**NEED HELP FINDING A PHYSICIAN?**  
**CONTACT EMAC. 866-992-EMAC**

Source: Cleveland Clinic



# Take Away Tips

- Start your day with water.
- Infusing water with hot pepper is a healthy alternative to caffeinated drinks.
- Easier than infusing: Add a Tbsp of your favorite juice to your water.
- Hydrating foods are easier to eat than heavy meals when you feel overheated.
- If drinking sodas, energy drinks, or sports drinks, choose healthier-option brands with natural ingredients.
- Give yourself a cut-off time (Only drink water after 11AM).
- End your day with water.



# YOUR HYDRATION AND ELECTROLYTE BALANCE FROM HEAD TO TOE

With roughly 60% of your body being water, it's no surprise that staying hydrated is essential for staying healthy and safe. But, water doesn't work on its own. It also needs a healthy balance of electrolytes to aid in hydration, focus, energy, recovery, and prevention of physical and mental ailments. Being mindful of the foods you put in your body is key to making this happen.

## HYDRATING & HEALTHY

### WATER

**INFUSED WATER:** berries, lemons, limes, oranges, cucumbers, hot peppers

**HYDRATING FOODS:** pineapples, grapefruit, oranges, watermelons, blueberries, cantaloupes, pears, tomatoes, lettuces, cucumbers, celery

**ELECTROLYTE-RICH FOODS:** lightly salted nuts and seeds, bananas, kiwis, potatoes, oranges, legumes, leafy greens, avocados, bone broth, dairy, dairy alternatives

**ELECTROLYTE-RICH DRINKS:** coconut water, homemade mixture of coconut water with honey, lime, and salt

**HEALTHIER-OPTION ELECTROLYTE DRINKS OR POWDERS MADE WITH NATURAL INGREDIENTS**



## DEHYDRATING & DETRIMENTAL

### SODAS

### ENERGY DRINKS

### SPORTS DRINKS

### ALCOHOL

### COFFEE AND TEA

### ARTIFICIAL FLAVORS, COLORS, AND SWEETENERS

### HIGH SUGAR CONTENT AND HIGH CALORIES

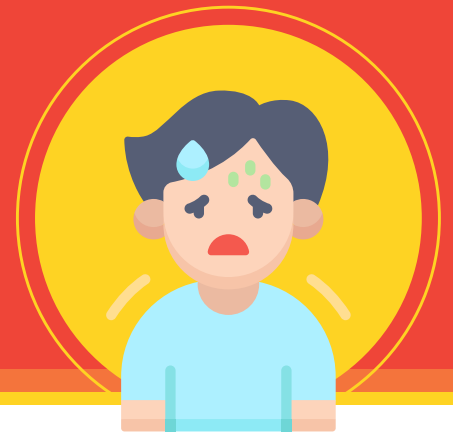
1. You can tell a lot from looking at your urine. When you're hydrated, your urine should be pale yellow in color.
2. Dehydration can cause: fatigue, lethargy, decreased physical and mental performance, headaches, joint pain, constipation, decreased urination, overheating, cramps, weakened immunity and frequent illness, hunger, sugar cravings

**CHALLENGE:** Boost your hydration and electrolyte balance through baby steps. Either incorporate one hydrating and healthy food or eliminate one dehydrating and detrimental food from your diet each week.



Contact your Health & Wellbeing Team at **205.257.4163** to learn more about Your Hydration & Electrolyte Balance from Head to Toe.

# HEAT-RELATED ILLNESSES



## Heat-Related Illnesses Prevention



**HYDRATE**



**SUPPLEMENT WITH  
ELECTROLYTE-RICH  
DRINKS AND FOODS**



**EAT HYDRATING  
FOODS**



**AVOID CERTAIN DRINKS  
AND FOODS (SEE GO  
WITH THE FLOW GUIDE)**



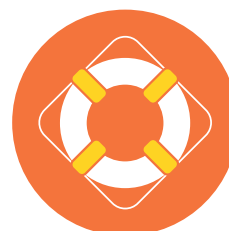
**BE PHYSICALLY FIT**



**TAKE REGULAR BREAKS  
TO COOL DOWN**



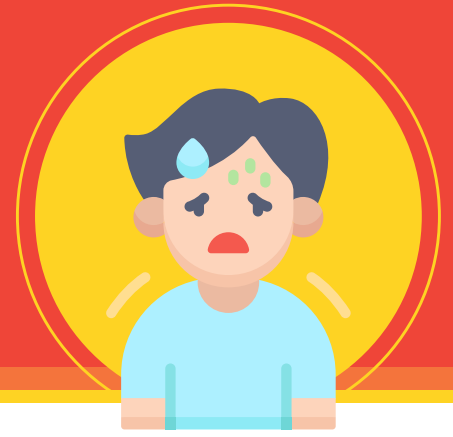
**MONITOR SELF AND  
PEER-CHECK OTHERS**



**COACH AND INTERVENE  
WHEN NECESSARY**

# STAY HYDRATED

# HEAT-RELATED ILLNESSES



## Heat-Related Illnesses Risk Factors

- Having a sunburn
- Being overweight or obese, not being physically fit
- Not drinking enough water and/or consuming too many dehydrating drinks
- Using some prescription medications, particularly diuretics
- Being younger than 13 and older than 65
- Not being acclimated to your environment
- Having a significant disability

# HEAT EXHAUSTION

OR

# HEAT STROKE

Symptoms that can occur with **BOTH** Heat Exhaustion and Heat Stroke:  
**Fatigue, headaches, dizziness, and agitation**

## INTERNAL "AIR CONDITIONING" IS STILL WORKING

Profuse sweating

Cool, clammy skin

Nausea or vomiting

Rapid, weak pulse

Muscle cramps

## INTERNAL "AIR CONDITIONING" HAS STOPPED WORKING

Marked decrease in sweating

Increased body temperature (103° or higher)

Hot, flushed, dry skin

Can also include: confusion, slurred speech, and convulsions

Nausea or vomiting

Rapid, strong pulse

May lose consciousness

## TAKE CARE!

- Immediately take steps to cool down, including moving to a shady location, air conditioning, or in front of a fan
- Remove clothing, hat, shoes, and socks, as the environment and circumstances allow for
- Run cool water over the skin or apply wet towels, paper towels, or a t-shirt (whatever is available) to the body, especially to the neck, armpits, and groin
- Sip on water, sports drinks, and/or juice (if able, eat a light, salty snack)
- If symptoms either 1) do not improve or 2) escalate within one hour of taking the necessary steps to cool down, seek medical care immediately!

## GET HELP!

- Call 911 or seek emergency medical care immediately!
- Take immediate steps to cool down while waiting for emergency medical care.