

Live HealthSmart Alabama



Health involves many factors that affect the community and its residents. At Live HealthSmart Alabama, we’re working to reduce obesity, high blood pressure, diabetes, and high cholesterol by making good health simple. Every other week, we’ll share tips on physical activity, good nutrition, and prevention and wellness. This week, we’re focusing on prevention and wellness.

Get Hydrated: Benefits of Drinking Water

Source: American Diabetes Association

Did you know that water makes almost 60% of our overall body weight? Drinking water is the best way to stay hydrated. Everyone should aim to drink at least 8 glasses of water daily to support overall well-being and bodily functions. Being properly hydrated has several benefits.

- **Skin:** Drinking water helps you avoid dry skin and wrinkles.
- **Kidneys:** Higher water intake prevents kidney stones from forming.
- **Weight:** Opting for water instead of sugary drinks can help you lose weight.
- **Mental:** Proper hydration can help improve brain function.
- **Physical:** Water helps the body regulate temperatures and produce energy.

Hydration Tips and Reminders



WATER

Aim to drink 8 glasses of water a day.



FOOD

Food can contribute to your daily fluid goals.



SWEAT RATE

The more you sweat, the more fluid you require.



TIMER

Set a timer to remind yourself to drink water.



PERFORMANCE

Dehydration can quickly impair performance.



WATER BOTTLE

Aim to refill your water bottle 3-5 times per day.



HEALTH

Staying hydrated is essential for good health.

*Did you know?
Cucumbers are
96% water!*

Source: Today.com

LOW SODIUM

HIGH BLOOD PRESSURE

Cucumber Salad

By: Helen Morgan

INGREDIENTS

- 2 cucumbers
- 1 red onion sliced
- 1/3 cup apple cider vinegar
- 1/4 cup water
- 1 tablespoon honey
- 1 teaspoon fine sea salt
- 1 teaspoon ground black pepper

INSTRUCTIONS

1. Slice each cucumber in 1/4-inch slices and add to a large bowl.
2. Slice red onions into half moons and add to bowl, toss to combine.
3. In a mason jar or small bowl, whisk together the apple cider vinegar, water, salt, and pepper.
4. Pour dressing mixture and honey over the cucumber and onion and toss to fully coat/combine.
5. Keep in the fridge until ready to serve.



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