



How to Hydrate in Hot Weather

Start hydrating right away. It's easier to maintain your fluid balance if you start out in a well-hydrated state, so drink water before you work or spend time outside when it's hot. Then continue to do so during and after your work day.

- **Schedule regular beverage breaks** and keep a water bottle handy so you can take frequent sips of water while you work.
- **Choose electrolyte-replacing drinks** for maximum water absorption when you are sweating excessively during work in hot weather.
- **Drink water after you've finished** work.
- **Snack on fresh fruits** that are rich in water, like berries, watermelon, peaches, and nectarines.
- **Don't overdo it.** Drinking large amounts of plain water all at once can lead to hyponatremia or water toxicity.

One way to gauge your hydration level is to look at the color of your urine. If you're well hydrated, it should be pale. Also, you'll be urinating more frequently.



BIRTHDAYS

ANNIVERSARIES

FONTANA

8/14—Brian Brest

8/20—Phil Lopez

8/19—Lilly Inzunza

8/21—Oscar Ramos

8/19—Darlene Rametta

8/30—Gary Hale

PHOENIX

8/6—Monica Gutierrez

8/20—Selena Jeffery

8/23—Jose Tamayo

LAS VEGAS

8/20—Curtis Murdock

8/30—Roland Iorangi

Rosa Ibarra—8/1/15

Eddy Garcia—8/6/12

Salvador Solis—8/7/06

Jose Ramos—8/10/20

Carmen Prado—8/10/20

Wayne Nunnally—8/11/86

Donald Raff—8/17/15

Edgar Lopez—8/24/20

Oscar Rodriguez—8/28/00