



Tri Rehab

It's All About You

CBS News reports up to 75% of the American population is chronically dehydrated, meaning that they fall below the average recommended intake of 8-10 cups . At Tri Rehab Canton I often see the effects of mild dehydration in our clients- muscle cramping with light exercise, dry skin and general fatigue.

“Because the human body is so unique that it will say ‘I want water’ in food, in any way, shape or form,” said Grace Webb, Assistant Director for Clinical Nutrition at New York Hospital. “People just think that when they start to get a little weak or they have a headache, they need to eat something, but most often they need to drink.”

If you are part of the 75% who need to increase fluid intake, try these tips

- Add some fruit or herbs: lemon, lime, cucumber, raspberries, mint, basil

- Drink a full cup before every meal
- Use a water bottle and bring it with you when you leave the house
- Try sparking or carbonated water instead of soda
- Drink a cup with your daily activities: drink after a bathroom break or every time you pass the work water cooler.

If you're coming to Tri Rehab, bring your water bottle with you! We'll help you increase your water intake and make sure you're properly hydrated.