



Cool Down with Fluids



Wet Your Whistle

Older adults should not rely on their sense of thirst to drink enough fluids, because the ability to sense thirst declines over the years. So drink plenty of beverages throughout the day, even if you are not particularly thirsty.

Keep lightweight water bottles close by your favorite chairs so that you can sip on them all day long. Refill them throughout the day.

Try to drink 8 cups of liquid in addition to the foods you eat.

If you don't drink enough fluids, you will become dehydrated.

Source: Mary L. Meck Higgins, "Nutrition PAGE," Kansas State University, Manhattan, KS.



A 'Get Plenty of Fluids' Word Find Puzzle:

You can drink and even "eat" your liquids! Words hidden below are:

V	P	O	P	S	I	C	L	E	S	Y	T	S	W	C
E	S	M	L	P	V	U	Q	A	H	I	S	L	A	P
E	J	J	U	I	C	E	D	V	Z	P	R	A	T	O
G	D	U	L	N	I	A	S	U	A	S	N	Z	E	D
N	Y	F	A	A	N	H	X	J	E	O	H	S	R	M
B	O	J	H	C	E	L	K	V	L	U	C	N	W	G
R	G	L	O	H	J	A	I	E	V	P	E	I	L	R
M	U	P	A	M	Y	H	M	A	A	B	C	Y	M	A
N	R	Z	Y	E	E	R	I	N	X	T	U	R	D	P
Y	T	T	J	B	E	D	L	M	S	J	K	E	R	E
C	K	U	R	T	B	R	K	D	A	P	P	L	E	S
T	O	M	A	T	O	E	S	T	M	I	J	E	A	B
R	Z	W	O	D	C	V	E	G	T	H	I	C	E	J
T	L	D	F	B	W	A	U	S	R	Q	M	L	O	K
W	X	E	S	E	G	N	A	R	O	P	N	V	M	B

- Apples
- Celery
- Grapes
- Ice
- Juice
- Milk
- Oranges
- Popsicles
- Soup
- Spinach
- Tomatoes
- Water
- Watermelon
- Yogurt