

# Safety Bulletin

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## 6 Secrets to Staying Hydrated on the Road

You hate the taste of water. You fear having to make too many bathroom breaks. You're a tough guy or gal; you don't need to stay hydrated.

No matter your excuse, the fact remains that this summer will be hot, and you'll need to keep cool. According to WebMD, mild symptoms of dehydration may include headaches, fatigue and muscle cramps. More serious symptoms include rapid heartbeat, feeling dizzy, confusion, irritability and even – ouch! – Kidney Stones.



But staying hydrated doesn't mean just guzzling gallons of water. There are plenty of secret ways to get the water you need without hitting 17 roadside rest rooms. Start with these six tips:

- 1. Eat your water** – Certain fruits and vegetables are water-rich. So, eat more salads (spinach and iceberg lettuce are more than 90% water). Crunch on some celery sticks (95% water) or baby carrots (90% water). Have some strawberries (91% water). Or enjoy some low-fat yogurt (89% water).
- 2. Flavor it up** – Let's face it: plain water tastes ... plain. You can add lemon or lime for a splash of taste. You also can try flavored water or flavor packets (just be sure they don't add too much sugar or caffeine, both of which can increase those bathroom breaks).
- 3. Make it sparkle** – The carbonation in sparkling water will give you the same "fizzy feel" as soda, but without the sugar and caffeine that's packed into many cola cans. And yes, sparkling water will keep you just as hydrated as plain water.
- 4. Set a schedule** – Plan your water intake around the natural breaks in your day so you can limit those "surprise" bathroom breaks as much as possible.
- 5. Bring your own** – Instead of buying bottled water, bring your own 32-ounce bottle, fill it at water fountains or truck stops, and save money while staying hydrated. Aim to drink at least two 32-ounce bottles a day.
- 6. Freeze it** – If you carry multiple water bottles, keep one frozen. You can use it to cool off during the intense heat of the day, and then drink it as the ice melts.