



**Let's Move**  
by UnitedHealthcare®



## Hydration and refreshing foods<sup>1</sup>

Maintaining adequate hydration is essential for overall health, especially for older adults and particularly during the summer months when temperatures rise. It's vital to make sure you're well hydrated to support bodily functions including temperature regulation, digestion and nutrition. Individual hydration needs vary based on factors including age, weight, activity level and overall health.

Proper hydration is especially important with age. Older adults are at higher risk for dehydration due to changes in thirst perception, decreased kidney function and some medications.

### Tips for staying hydrated

- Carry a refillable water bottle as a reminder to sip throughout the day
- Drink water before meals
- Eat hydrating foods like watermelon, cucumber and yogurt

### Water-rich foods and nutrients

**Watermelon:** Contains over 90% water content and is rich in vitamins A and C

**Cucumber:** High water content and contains electrolytes like potassium

**Yogurt:** Provides hydration along with protein and probiotics

# Why stay well hydrated?

Staying well hydrated may offer health benefits including improved cognitive function, mood, physical performance and reduced risk of chronic diseases. Proper hydration may contribute to skin health, helping to prevent dryness and other age-related skin problems.

## Ways to support adequate hydration

- Be mindful of caffeine and alcohol intake, which contribute to dehydration.
- Monitor your urine color; dark yellow may indicate dehydration.
- Hydration needs increase during physical activity, hot weather and illness. Adjust your fluid intake during those times to help prevent dehydration and heat stroke – a life threatening illness.
- Besides drinking water, other ways to stay hydrated are with herbal teas, milk and broths.

## Hydrating with fruit-infused water<sup>2</sup>

### Ingredients:

- 3 mandarin oranges (cut into wedges or slices)
- 2 handfuls fresh blueberries

### Instructions:

1. Add ingredients to a pitcher, cover with ice and fill with water
2. Let it refrigerate overnight for flavor to infuse

<sup>1</sup><https://utswmed.org/medblog/hydrating-healthy-foods/>

<sup>2</sup><https://www.heart.org/en/healthy-living/healthy-eating/cooking-skills/cooking/fruit/12-infused-water-recipes>

This communication is going to eligible members and is not intended to imply the recipient has a specific condition or disease.

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Authored by Nutrition Sessions LLC.

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