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## Staying hydrated during a sizzling heatwave

Due to the climate emergency, much of southern Europe and parts of the United States and China are currently reeling from extreme heat. China has seen its highest recorded temperature of 52.2C in Xinjiang in the northwest, while in the US, temperatures in Death Valley in California have hit 53.9C (128F). In Europe, Sardinia is forecast to see a temperature reaching 47C, while a wildfire on the Canary Island of La Palma has forced the evacuation of around 4,000 people, prompting the World Meteorological Organisation to warn that extreme weather is "unfortunately becoming the new normal".

Heatwaves can be unforgiving and deadly, especially when you are not

adequately hydrated. During such periods, your body loses fluids faster than it should, leading to dehydration and resulting in heat exhaustion, heat cramps, and, in severe cases, heatstroke. Therefore, it's crucial to stay hydrated during a heatwave.

### **Drink purified water with minerals**

Drinking water is essential to staying hydrated, but not all water is created equal. According to studies, tap and bottled water may contain unwanted pollutants such as chemicals or microplastics. That's why we recommend using a water purifier to drink water as pure as nature intended. [Bluewater](#) purifiers harness our unique patented SuperiorOsmosis™ technology, which removes virtually all contaminants, including lead, microplastics, chemicals, viruses, and bacteria. Drinking purified water with added minerals during a heatwave can help maintain healthy body functions. It's important to note that during a heatwave, you'll lose essential electrolytes through sweat, which can cause dehydration. Therefore, drinking purified water with minerals can help replenish lost electrolytes, keeping you hydrated and healthy.

### **Ensure the kids drink enough water**

Children are more susceptible to dehydration during a heatwave than adults. This is because they have a higher surface area-to-body weight ratio, leading to more significant water loss through sweat. Additionally, children may be too engrossed in their play to remember to drink water.

To ensure your children stay hydrated during a heatwave, encourage them to drink water regularly, even when not thirsty. You can also make drinking water fun by adding fruit slices like lemon, strawberry, or cucumber to give it a sweet and refreshing taste.

### **Men and women have different hydration needs, so drink accordingly**

Men and women have different hydration needs due to differences in body composition. Men have more water in their bodies than women, making it easier for them to stay hydrated. On the other hand, women have higher body fat percentage, which means they generally have less water in their bodies.

Therefore, men should ideally drink more water during a heatwave than women to maintain proper hydration levels. A general rule is that men should drink at least 3.7 liters of water daily, while women should drink at least 2.7 liters.

### **Good hydration is essential when pregnant**

A woman's body undergoes significant changes during pregnancy, including increased blood volume and metabolism. These changes can lead to dehydration during a heatwave, harming both the mother and the baby.

Pregnant women should drink a regular amount of water throughout the day to stay hydrated during pregnancy. Additionally, they should avoid sugary drinks and caffeine, which can lead to dehydration.

### **Older people also need to take proper hydration precautions**

As you age, your body's ability to conserve water decreases, making it harder to stay hydrated. Additionally, many older adults have underlying medical conditions, such as kidney disease, that can lead to dehydration.

Older adults should drink plenty of water and avoid sugary and caffeinated drinks to stay hydrated when the weather gets hot. They should also eat foods with high water content, such as fruits and vegetables, to supplement their hydration needs.

### **Doing any sporting activity will demand proper hydration**

Proper hydration is vital during a heatwave if you're an athlete or enjoy playing sports. When you engage in physical activity, your body temperature rises, leading to excessive sweating and fluid loss. This can lead to dehydration, affecting your performance, and even heat exhaustion or heatstroke.

To stay hydrated during physical activity, drink water before, during, and after your workout. Additionally, avoiding sugary and caffeinated drinks would be best, which can lead to dehydration.

## **You need to hydrate even when on or in the water**

Even in the water, you still need to be adequately hydrated. In fact, being in the water can make you lose fluids faster than usual, leading to dehydration.

To stay hydrated when on or in the water, you should drink plenty of water before and after your swim. Additionally, you should avoid drinking alcohol, which can lead to dehydration.

## **Apart from water, hydrate with fruit**

While water is the best way to stay hydrated during a heatwave, other ways supplement your hydration needs. Fruits like watermelon, cucumber, and strawberries have high water content, making them an excellent source of hydration.

Additionally, fruits contain essential electrolytes like potassium and magnesium, which can help replenish lost electrolytes during excessive sweating.

## **Top hydration tips**

- Drink regular glasses of water per day
- Avoid sugary and caffeinated drinks
- Eat fruits and vegetables with high water content
- Drink water before, during, and after physical activity
- Monitor your urine color. If it's dark, you need to drink more water
- Listen to your body. When you feel thirsty, drink water

In conclusion, staying hydrated during a heatwave is essential for your health and well-being. Following the tips outlined in this blog, can help you stay hydrated and enjoy the summer without worrying about dehydration. Remember, drink plenty of water and listen to your body. When you feel thirsty, drink water.

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