



Summer Hydration & Electrolytes

Simple Ways to Stay Hydrated When the Texas Heat Shows Up

When temperatures rise, hydration matters more than ever. Heat and sweat increase your body's need for fluids. When you sweat, you lose not only water, but also electrolytes—important minerals like sodium and potassium.



Water Comes First

For most everyday activity, water is the first and most important hydration tool. Drinking regularly throughout the day helps support energy, focus, and overall well-being—especially in hot weather.

Easy hydration-friendly foods to add:

- Watermelon
- Oranges
- Cucumbers
- Strawberries
- Celery
- Coconut water



Tip: Try to drink before you feel thirsty. Thirst can be a sign your body is already playing catch-up.



Electrolytes: What They Do

Electrolytes are minerals that carry an electric charge in your body. They help support fluid balance, muscle function, and nerve signals.

Na

Sodium — Helps maintain fluid balance and is commonly lost through sweat.

K

Potassium — Supports muscle and nerve function.

Mg

Magnesium — Plays a role in muscle and nerve health.

Think of it this way: water helps replenish fluids; electrolytes help your body use and balance those fluids.



When Electrolytes May Help

Electrolytes may be especially helpful when you are:



Sweating heavily



Exercising outdoors



Working in the heat



Recovering after a long hot day



Spending hours in the sun



Feeling run down after fluid loss

Look for options with less added sugar when possible.



Real ingredients.
Real support.
Real community.

Information is for educational purposes only and is not intended to diagnose, treat, cure, or prevent disease. Always talk with your healthcare provider before starting a supplement, especially if you are pregnant, nursing, taking medication, or managing a medical condition.

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A Simple Summer Hydration Routine

Hydration does not have to be complicated. A few steady habits can make a big difference in hot weather.

- ✓ Start your day with water
- ✓ Sip regularly instead of waiting until you're very thirsty
- ✓ Refill fluids after time outside or exercise
- ✓ Add electrolytes when sweating heavily
- ✓ Include water-rich foods in your day
- ✓ Pay attention to signs of heat stress



What This Means for You

In summer, start with water, build in consistent habits, and use electrolytes when heat or sweat levels call for them. Small steps can help you feel better and recover faster.



Water vs. Electrolytes At a Glance

WATER

Best for everyday hydration

Helps replace fluids

Great for most normal daily activity

ELECTROLYTES

Helpful after heavy sweating

Support fluid balance

Useful for exercise, outdoor work, or long hot days

VS.

References

1. CDC/NIOSH. Heat Stress: Hydration.
2. CDC. Heat Stress and Workers.
3. CDC Yellow Book. Heat and Cold Illness.



We're here to help you feel your best—naturally.

Visit your neighborhood Ann's for quality products and knowledgeable guidance.

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