

ENERGY AND ALERTNESS

If you are feeling tired and have low energy, drinking water may help, especially now that you are getting less sleep with your new baby. Dehydration, which is a condition that results from not drinking enough water, can lead to fatigue, headaches, difficulty concentrating or making decisions, sluggishness, and irritability.

You may be tired because you are so busy taking care of your new baby. According to research, dehydration can have negative effects on your mood, mental function (concentration, alertness, and memory) and energy levels (movement and strength). Since even mild dehydration can affect your well-being and daily activities, it is really important to hydrate throughout the day. Get the energy boost that you need while caring for your baby and drink up!

WHAT TO EXPECT:

- Some people drink 8 or more glasses of water a day. Breastfeeding women are encouraged to drink more than that.
- If you don't typically drink 8 glasses of water a day, don't feel discouraged. Choose Health LA Moms will help you change your drinking habits and provide tips for you to drink more water.
- Fatigue, exhaustion, headaches, dizziness, and lack of strength are all signs that your

TIPS OF THE WEEK

- Drink a glass of water when you wake up.
- Take a break from work to drink water.

body is not getting enough water and is dehydrated. Be sure to rest and drink water immediately and you should start to feel your energy come back. If you don't, you may have severe dehydration and should get medical help.

WHAT YOU CAN DO:

- Drink a glass of water when you wake up in the morning. Set it beside your bed before you go to sleep so you don't forget.
- When you are at work or caring for your baby and feeling really tired, take a quick break to refill and drink your water bottle.
- Check the color of your urine to test your hydration status. Urine should be clear or pale yellow if you are hydrated. If it is yellow or dark yellow, you may be dehydrated and should make an effort to drink more water.
- Drinking water will help you feel less exhausted and will ensure you stay hydrated.

RECIPE OF THE WEEK

ENERGY BOOSTER

- 6 cups of water
- 2 sliced pears
- 1 cup of diced pineapple
- 1 cup of sliced strawberries



Directions:

1. Add all ingredients into a large pitcher
2. Using a wooden spoon, gently mash ingredients and mix
3. For best results, let it sit in refrigerator overnight or for a couple hours before drinking

RESOURCES:

CHOOSE HEALTH LA

choosehealthla.com

OUR FIRST LADY MICHELLE OBAMA REMINDS US THAT DRINKING WATER HELPS YOU FEEL MORE ENERGETIC

whitehouse.gov/the-press-office/2013/09/12/first-lady-michelle-obama-ask-everyone-drink-more-water

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