

## Small Changes for Health



Week 31



With summer heat at its peak, hydration remains an important issue. Your body needs to maintain high enough levels of fluid in order to create sweat to cool you off. Not getting enough fluid can also cause headaches and fatigue. Summer heat combined with low fluid intake can cause severe dehydration, resulting in heat stroke. Drinking enough fluid to stay well hydrated is your best prevention when it is hot. Water is one of the best fluids to keep you hydrated. This week's change is based on this concept.

**Your Small Change: For this week, make sure that you drink seven 8-oz glasses of water every day.**

Check off the days you complete this activity below:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

If you need more information about this program, this subject or some assistance or suggestions on how to make this change, please visit Health Promotion in room 910 or call us at 314/612-5400, 5419 or 5163. You can also retrieve the supporting Small Changes for Health handouts online by visiting the City of St. Louis Department of Health web page.

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Follow-Up: Week 31

**Your Small Change: For this week, make sure that you drink seven 8-oz glasses of water every day.**

1. How many days did you do this activity? (Circle number of days below)

1   2   3   4   5   6   7

2. How hard was it to accomplish? (Check your answer below)

Very Easy    Somewhat Easy    Neutral    Somewhat Hard    Very Hard

3. Is this a change you think you can continue? (Check your answer below)

Yes    No

4. Other Comments:

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Please return the bottom half of this form to  
Health Promotion in Room 910, at the end of this week.

