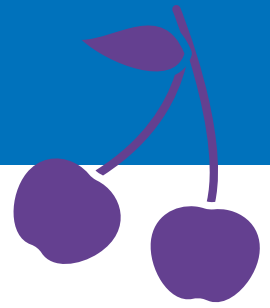


# Hydration 101



## Health Benefits of Water

Water makes up about 60 percent of your body weight. Your body depends on water to survive. Every cell, tissue and organ in your body needs water to work properly.

For example, water:

- Gets rid of wastes through urination, sweating, and bowel movements
- Keeps your temperature normal
- Lubricates and cushions joints
- Protects sensitive tissues
- Helps prevent constipation
- Maintains healthy blood pressure

Lack of water can lead to dehydration – a condition that occurs when you don't have enough water in your body to carry out normal functions. Even mild dehydration can drain your energy and make you tired.

### How much water do you need?

Every day you lose water through your breath, sweat, urine, and bowel movements. For your body to work properly, you must replace its water supply by consuming beverages and foods that contain water. The basic recommendation is to drink eight 8-ounce glasses (64 ounces total) of water per day. This is a reasonable goal for most people and easy to remember! Most healthy people can stay hydrated by drinking water and other fluids whenever they feel thirsty.

### How do I know if I'm dehydrated?

The best marker of hydration status is urine color

- Colorless to Light Yellow = hydrated
- Dark Yellow to Amber = dehydrated

Other common symptoms of dehydration include:

- Fatigue
- Headache
- Dizziness
- Muscle cramps
- Dry mouth
- Constipation

### Tips to stay hydrated

- Buy a reusable water bottle
- Keep water nearby at all times
- Track how much water you drink throughout the day with free apps or chart on refrigerator
- Have one glass with every meal and between meals
- Drink water before, during, and after exercise
- Try seltzer water or herbal teas
- Eat fruit and vegetables with high water content: cucumber, lettuce, tomato, celery, pear, watermelon, apple, orange, strawberry

### Flavor your water naturally

Flavor your water with a splash of 100% fruit juice or infuse with:

- Citrus - lemon, lime, orange, grapefruit
- Melons or berries
- Cucumber
- Mint or basil

