



## HOW TO TELL IF YOU ARE DRINKING ENOUGH

- You rarely feel thirsty
- Your urine is light yellow or colorless
- You make water your beverage of choice: with each meal and in between
- You drink water before, during, and after exercise

*Opt for a reusable water bottle and consider adding fruit or herbs to enhance the flavor!*

## HOW MUCH WATER IS TOO MUCH?

Drinking too much water is hard to do, but possible. Too much water can dilute sodium in the bloodstream causing hyponatremia, which is associated with collapse during exertion. This can happen when drinking a large amount of water over a short period of time, and is extremely rare.

## HYDRATION 101

Water is essential to good health, but how much water should you be drinking each day? This a simple question, with no easy answer. Water makes up about 50%-70% of your body weight and your body depends on it to survive. Every cell, organ, and tissue in your body needs water to function properly. Lack of water can lead to a condition called dehydration. Even mild dehydration can drain your energy and make you tired. Although you lose water naturally through your breath, perspiration, urine and bowel movements, for your body to continue to function properly, you must replenish its water supply by consuming beverages and foods that contain water.

## HOW MUCH WATER DO YOU NEED?

The National Academies of Science, Engineering and Medicine have recommendations for daily fluid intake: 125 ounces (15.5 cups) for men and 91 ounces (11.5 cups) for women. Another rule of thumb is to take your bodyweight in ounces and divide by two. So, if you weigh 200 pounds you could consider 100 ounces as your recommended fluid needs.



**Consider this a starting point.** The amount of water and fluids you need depends on many individualized factors including:

- health
- physical activity
- environmental factors (temperature, location, humidity, etc.)
- diet
- size

*Fluid you consume doesn't just come out of a glass, 20% of your daily fluid intake may come from foods with higher water content, like fruit and vegetables!*