



## ASSESS YOUR HYDRATION HABITS WITH A QUICK YES OR NO:

- 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

If you answered no to any of the above follow some of the helpful tips listed to improve your hydration habits.



## HYDRATION 101

Water is essential to good health. It makes up about 50%-70% of our body mass. Every cell, organ, and tissue need water to function properly. Proper hydration helps control many processes like body temperature, heart rate, and blood pressure. Lack of water can lead to a condition called dehydration. Even mild dehydration can leave you feeling drained of energy and tired. Although, we lose water naturally through breath, perspiration and waste excretion, it is important to replenish these losses so our bodies can function optimally.

### HOW MUCH WATER DO YOU NEED?

This is a simple question, with no easy answer. The National Academies of Science, Engineering and Medicine recommend fluid intake of 91-125 ounces (11.5-15.5 cups) each day. Consider this a starting point. The amount of fluids you need depends on many individualized factors including: age, sex, activity level, environmental factors (temperature, location, humidity, etc.) and overall health.

For most people, water is the best choice to stay hydrated. However, some foods are a good source of fluid because of their higher water content, like fruit and vegetables. About 20% of your daily fluid intake may come from foods. There are also sport and electrolyte drinks that have been designed for rapid rehydration for people doing high-intensity or prolonged exercise in warmer weather.

### HELPFUL TIPS TO IMPROVE HYDRATION:

#### ADD IT TO YOUR ROUTINE

Drink a glass of water when you brush your teeth, eat a meal or each morning when you wake up.

#### HAVE IT ON THE GO

Drinking enough water when you are on the go can be a challenge. Try filling a reusable water bottle before you leave home.

#### EAT IT

Many fruits and vegetables have a high-water content. Try including melon, citrus, cucumbers, lettuce or celery at your next meal or snack.

#### INFUSE IT

Add fruit, veggies and herbs to your water for a refreshing taste. Try cucumber, mint and lime or come up with your own combinations.

#### MAKE THE SWAP

Try swapping sugary drinks for sparkling water or seltzer. Cut back on added sugar and add to your fluid intake!