

# HYDRATION 101

The human body is 60% water.

Proper hydration is important for many functions:

- lubricates joints
- oxygenates the body
- boosts skin health
- protects the brain
- regulates body temperature
- maintains blood pressure
- forms saliva & mucus
- keeps airways open
- makes nutrients accessible
- prevents kidney damage
- aids digestion
- flushes body waste

## HOW MUCH DO I NEED?

Males: 15 cups per day - 12 from drinks, rest from food

Females: 11 cups per day - 9 from drinks, rest from food

### Liquid sources:

- water
- milk
- juice
- tea & coffee

### Food sources:

- fruits & vegetables
- yogurt & cottage cheese
- fish & chicken
- pasta & breads

## HOW CAN I GET MORE?

### Grab a bottle (or two, or three!)

Find a bottle you like and keep one nearby at all times. Consider style, size, material, etc.

### Jazz it up!

Don't like plain water? You can flavor water with fruit, herbs, juice, and tea bags. Sparkling water can be fun too!

### Attach it to other activities.

Drink when you get out of bed, while waiting for the coffee to brew, after a bathroom break, before meals, etc.

### Set alarms.

Program calendar reminders during the day to help you remember and build the habit.

### Keep track.

Try an app or smart water bottle to help you keep track of your progress!