

HYDRATION BASICS

The human body is 60% water.

Proper hydration is vital for a variety of body 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, before meals or bathroom breaks, 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!