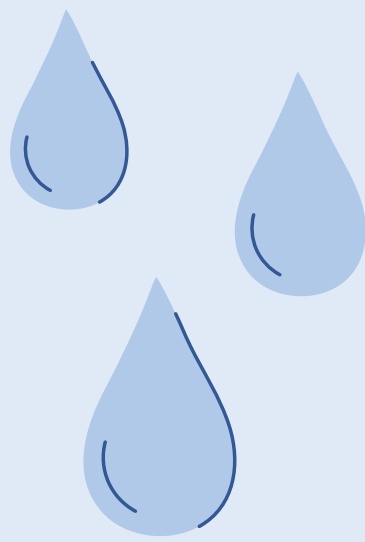


Thirst Aid Kit: Your Guide to Hydration

WHY IS HYDRATION IMPORTANT?

- lubricates joints
- oxygenates the body
- boosts skin health
- protects the brain
- regulates body temperature
- maintains blood pressure
- optimizes kidney function
- aids digestion and nutrient absorption
- removes toxins and waste from body



HOW MUCH HYDRATION DO I NEED?

- Males: 15 cups/day (12 cups from beverages, rest from food)
- Females: 11 cups/day (9 cups from beverages, rest from food)

Beverage options include:

- Water (try to get most of your hydration from water)
- Milk (or milk alternatives)
- Juice (preferably 100% fruit juice)
- Tea & coffee (preferably unsweetened)

Good food sources of hydration include fruits, vegetables, yogurt, cottage cheese, broths, and soups.

HOW CAN I GET MORE?

- **Grab a bottle (or two, or three!).** Find a water bottle you like and keep one nearby at all times. Consider style, size, material, and portability.
- **Jazz it up!** Don't like plain water? Flavor it with fruit, herbs, juice and tea bags. Unsweetened or lightly sweetened sparkling water can be a fun option too (we like Spindrift and San Pellegrino Ciao).
- **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 (such as Waterllama) or smart water bottle (such as Hidrate Spark) to help you keep track of your progress.

WHAT CAN MY URINE TELL ME ABOUT MY HYDRATION STATUS?

