

# Hydration 101

AWARENESS



are you staying  
**hydrated?**

## **Why should you stay hydrated?**

Over half of your body is made up of water, so you need it to survive. All of your cells, tissues, and organs need water to work properly, and is vital to your health.

## **How much water should you drink each day?**

While everyone needs different amounts of water to stay hydrated, the general recommendation is to consume six to eight 8 oz. glasses of water each day. If you are concerned that you are not drinking enough water, check your urine. If your urine is often clear to light yellow, you are most likely well-hydrated. Dark yellow or amber colored urine is a sign of dehydration.

## **How do you lose water?**

You lose water each day when you go to the bathroom, sweat, and even when you breathe. You will also lose water faster in warmer temperatures, when you are physically active, or if you have a fever. You can experience rapid dehydration with vomiting or diarrhea, which is why doctors usually recommend that you drink plenty of fluids when you are sick.

## **How do you know if you are dehydrated?**

- Little to no urine, or urine that is darker than usual
- Dry mouth
- Sleepiness or fatigue
- Extreme thirst
- Headache
- Confusion
- Dizziness or lightheaded feeling
- No tears when crying

## Savor Each Sip

Turn your water into a treat by adding natural flavor. Making your own infused water is nearly calorie-free and gives you a refreshing way to stay hydrated! You can infuse water with any number of herbs, spices, fruit, and even vegetables. Here is one recipe for you to try:

### Berry, Peach & Coconut Infused Water

Makes 64 oz.

Ingredients:

- 1 cup blueberries
- 1 cup blackberries
- 2 peaches, pitted and cut into half-inch wedges
- 6 cups spring or filtered water
- 2 cups unsweetened coconut water
- 1 gallon clean glass jar with lid (or any gallon liquid storage container)

Directions:

1. Place blueberries and blackberries into the bottom of the jar, then add the peach slices on top.
2. Pour spring water and coconut water into the jar. Stir the water, cover with a lid and refrigerate for at least one hour (refrigerate overnight for the best flavor). Drink within two days.

hydrated is **healthy**

### Tips for staying hydrated:

- Keep a bottle of water with you throughout the day. Purchase a reusable water bottle to save money and reduce waste from plastic water bottles.
- If you don't like plain water, try infusing your water with lemons or strawberries
- Drink water before, during, and after a workout.
- If you have trouble remembering to drink water, drink on a schedule. For example, drink water when you wake up, and at each meal. Or, drink a small glass of water at the beginning of each hour.
- Drink water when you go to a restaurant. It will keep you hydrated, and it's free!

