

HYDRATION

RETHINK YOUR DRINK



THE BENEFITS OF HYDRATION

- + Improves mental clarity and brain function
- + Increases energy levels
- + Keeps muscles strong and active during exercise
- + Helps the body properly digest foods
- + Protects and cushions joints and organs
- + Keeps skin looking young and reduces signs of aging
- + Aids in weight loss



HOW DO I KNOW IF I'M DRINKING ENOUGH WATER?

- + **Check your thirst.** If you feel thirsty or have a dry mouth, you're likely not drinking enough water. Remember, once you're thirsty, you're already dehydrated.
- + **Check your mood.** Fatigue, lightheadedness, headache, irritability, and inability to focus are all signs of dehydration.
- + If you're hydrated, your urine should be very pale yellow and clear.



HOW MUCH SHOULD I DRINK?

You need ½ - 1 ounce of water per pound of body weight. If you weigh 200 pounds, that's roughly 100-200 ounces or 3.5 liters per day.

HYDRATION CHALLENGE

Take the hydration challenge. For one week, we challenge you to take the following actions.

1 TRACK YOUR FAMILY'S DAILY HYDRATION

Now that you know how much you should be drinking ($\frac{1}{2}$ – 1 ounce per pound of body weight daily), take a look at what you're actually drinking. A simple way to do this is to use a liter water bottle. Calculate how many times you refill it and compare it to what you need. How does your hydration stack up?

2 SWITCH OUT A SODA EACH DAY

Not only is soda full of extra calories, but it's also dehydrating. Challenge yourself to switch your daily soda (diet or regular) for water. If you're bored with water, try sparkling water or add fresh mint, lemon, or lime for flavor.

3 INVEST IN A WATER BOTTLE

Buying one bottle of water per day can cost you approximately \$390 per year. Buying a water bottle can help you save money, hydrate effectively, and track your hydration throughout the day and the week.

4 DRINK 20 IN THE MORNING

Most of us are dehydrated when we wake up, so try to drink at least 20 ounces of water in the morning. You can sip on a glass of water as you're getting ready, or drink it with your breakfast.