



Healthy Hydration

Humans lose water throughout the day just by breathing, among other things, and as little as a 2 percent reduction in hydration begins to impair every physiological function. For the body to function optimally, this water needs to be replaced.

How Much to Drink

Although specific recommendations vary among organizations, it is generally accepted that if an adult consumes 6-8 cups of water daily, in addition to a normal diet, this satisfies hydration needs. Instances where more water may need to be consumed include:

- Before, during and after exercise
- Exercising in hot weather
- If ill or injured
- During pregnancy or breastfeeding

Ways to Increase Daily Water Intake

- Carry a large water bottle, and drink from it throughout the day
- Drink a full glass of water with each meal or snack
- Drink a full glass of water whenever taking medication
- Add a slice of lemon or lime or some raspberries to water for flavor
- When drinking juice, fill half of the glass with juice and top it off with water
- Eat water-rich foods, including pineapple, citrus fruits, apricots, cantaloupe, watermelon, bell peppers, cucumber, celery and iceberg lettuce

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