



Staying Hydrated

You may already know that 60% of your body weight is made up of water.¹ **But did you also know that about 20% of our total water intake comes not only from the water we drink, but from the water-rich foods that we eat?**¹

The appropriate amount of water intake per day varies person-to-person. It is dependent on a variety of important factors such as the weather/climate, your activity/exercise level, and your overall health status.

Make sure to consider your specific health needs and circumstances to stay appropriately hydrated and avoid the negative effects of dehydration! Speak to your provider if you have questions or concerns based on your health status.

Staying hydrated is an important part of caring for your overall health and wellbeing! Water serves many important functions throughout your body, such as:²

- Regulating body temperature
- Removing waste through perspiration, urination, and bowel movements
- Supporting joints
- Protecting sensitive tissues

REFLECT

It may seem simple, but reflecting on your hydration practices and being proactive about your water intake will help make your day-to-day hydration feel like less of a chore and more of a lifestyle habit!

- Is hydration prioritized as part of your daily routine? If so, how are you currently making an effort to stay hydrated for your unique needs?
- What is your preferred way to hydrate?
- Consider any barriers you could address to help you stay better hydrated throughout the day, such as:
 - » Do you drink more water when it's ice cold, or room temperature?
 - » Are you more inclined to drink water with or without a straw?
 - » Do you think about hydrating ingredients when making your grocery list?

TIPS TO STAY HYDRATED

- Add flavor such as sliced cucumbers, lemon, lime, berries, or even mint.
- Carry a reusable water bottle or cup.
- Opt for sparkling water with a splash of juice over sweeter beverages.
- Incorporate foods with high water content into your diet such as fruits and vegetables.

This material is to be used for informational purposes only and is not intended to be exhaustive, nor should any of the materials be construed as professional or medical advice.

1. Mayo Clinic Health System. (2022, September 29). Water: Essential to your body. Mayo Clinic Health System. <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/water-essential-to-your-body-video>

2. Centers for Disease Control and Prevention. (2024, January 2). Water and healthier drinks. U.S. Department of Health & Human Services. https://www.cdc.gov/healthy-weight-growth/water-healthy-drinks/?CDC_AAref_Val=https://www.cdc.gov/healthyweight/healthy_eating/water-and-healthier-drinks.html