



HYDRATION 101

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INTRODUCTION

Staying hydrated is essential for keeping your body functioning at its best. Water supports energy levels, helps regulate body temperature, aids digestion, and keeps your mind focused throughout the day. During the summer months, hydration becomes even more important – warmer temperatures and increased sweat can lead to fluid loss more quickly, leaving you feeling fatigued, sluggish, or even dizzy.

DAILY FLUID NEEDS

The U.S. National Academies of Sciences, Engineering, and Medicine determined that an adequate daily fluid intake is:

- **≈ 15.5 cups** (3.7 liters) of fluids a day for men.
- **≈ 11.5 cups** (2.7 liters) of fluids a day for women.

URINE COLOR CHART

A simple way to gauge your overall hydration is by checking the color of your urine. If you're well-hydrated, it should be a pale yellow. Dark yellow or amber urine may be a sign that you need to drink more water.

VERY GOOD - GOOD

GOOD - FAIR

SLIGHTLY DEHYDRATED

DEHYDRATED

VERY DEHYDRATED

SEVERELY DEHYDRATED

TIPS FOR HYDRATING

EAT HYDRATING FOODS

Examples include cucumber, watermelon, strawberries, celery, tomatoes, oranges, cantaloupe, bell peppers, zucchini, and peaches.

DRINK FLAVORFUL WATER OFTEN

Carry a large water bottle with you and drink throughout the day. Set alarms to remind yourself. Add flavor enhancement like fresh herbs, fruits, or zero-calorie mixes.