

Hydration

Daily Fluid Needs

Women: 11.5 cups

Men: 15.5 cups

or

About 5.5 bottles
of water for women



About 7.5 bottles
of water for men



Benefits of Proper Hydrations

Strengthened immune system

Regular digestion

Healthy, vibrant skin

Weight management

Enhanced mental focus

Improved physical performance

Mood balance

Improved muscle & joint function

Tips for Staying Hydrated

Always carry a water bottle

Drink fluids at meal times

Eat foods with high water content (fruits & veggies)

Drink/eat electrolytes & carbohydrates

Drink water the night before a workout

Monitor Urine Output and Color

