



STAY HYDRATED

To stay healthy and feel good, you need to stay hydrated. Here's why hydration is so important and how you can drink enough water.

Why hydration matters

- **Energy boost:** Drinking enough water helps maintain your energy levels throughout the day.
- **Brain function:** Staying hydrated helps you concentrate, focus and think clearly.
- **Physical performance:** Water helps your muscles work better during physical activities.
- **Digestive health:** Water helps with digestion and prevents constipation.

Signs of dehydration

- Feeling thirsty
- Dry or sticky mouth
- Headache or dizziness
- Dark-colored urine

How much water do I need?

- Aim for about 8-10 cups (64-80 ounces) of water each day.
- Your needs may vary based on how active you are, the weather or other factors.

Tips for staying hydrated

- **Carry a water bottle.** Keep a reusable water bottle with you throughout the day.
- **Set reminders.** Use phone alarms or apps to remind yourself to drink water.

- **Infuse flavor.** Add slices of lemon, cucumber or berries to your water.
- **Eat hydrating foods.** Choose foods with lots of water in them. This includes:
 - o Fruits like watermelon, oranges and strawberries.
 - o Vegetables like cucumbers and celery.

Hydration and physical activity

- Drink water before, during and after exercise or sports.
- Sports drinks may help for intense workouts that last longer than 60-90 minutes. They replace electrolytes you lose through sweat.

