

Hydration: Not Just for the Athlete



Two-thirds of the human body is made up of water, yet many people still do not understand the importance of properly hydrating with water throughout the day. **Every cell and organ in your body depend on water** to perform essential functions, including removal of waste and toxins, protecting and cushioning joints and vital organs, regulating body temperature, and helping the body absorb nutrients. Because the human brain is 73% water, **good hydration with water is crucial for proper brain function**. Dehydration can lead to headaches, fatigue, and even hospitalization.



Many people don't understand that even without sweating the body is losing water that needs to be replaced throughout the day. The average adult loses 10 cups of water through daily natural body functions. The amount of needed fluid can vary based on the person's health and lifestyle, but **drinking 7-9 glasses of water each day or half your body weight in ounces is a good rule of thumb**. Try to avoid sugary drinks as they will contribute dehydration and have other health-related consequences.

Tips for Increasing Your Daily H₂O Intake

- 1) Have a glass of water in the morning when you wake up, since you've had no fluids for several hours while you slept. Drink water at breakfast and before going to work.
- 2) Drink water at your morning break and at lunch. Take small sips rather than several 'big gulps' at once—this meets your body's needs better and may prevent the problem of frequent urination.
- 3) Enjoy a cool glass of water with an afternoon snack or during dinner. Drinking water can help prevent overeating.
- 4) If you have problems with constipation, it could be because you don't drink enough water—our bodies need water to balance the fiber intake that comes from fruits, vegetables, and whole grains.
- 5) Keep a reusable water bottle with you. Drink and refill it throughout the day.
- 6) When you pass a drinking fountain, stop for a refreshing drink.
- 7) Drink plenty of water during exercise or sports. If active less than 90 minutes, water is the best option for hydration.

