



Take Care of YOU

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Hydrate for Health

The importance of keeping our bodies well hydrated cannot be overstated. Water is the elixir of life, our bodies' lifeline, the quencher of our thirst, the cleanser of our internal systems. It sustains our bodies in nearly every way imaginable, and in the pursuit of wellness, it is the foundation for optimal health and vitality.

As the primary component of our bodies' cells, water facilitates processes that are essential for metabolism, energy production, and cellular repair. It is also responsible for regulating the body's temperature, lubricating the joints, flushing out waste and toxins, and transporting essential nutrients such as oxygen to cells and organs throughout the body.

Embracing water as your ally is one of the best decisions you can make for holistic health. Follow these five simple tips to make sure you are staying hydrated each and every day:

1. **Set hydration goals.** As a general rule, try to drink about a half an ounce of water for each pound you weigh. For example, a person who weighs 200 pounds should aim for about 100 ounces of water daily.
2. **Sip throughout the day.** Rather than waiting until you feel thirsty, sip water consistently throughout the day to maintain hydration levels and prevent dehydration.
3. **Create hydrating habits.** Begin each day with a glass of water to replenish fluids lost during sleep. Keep a water bottle within reach as a visual reminder to hydrate regularly. Drink a glass of water before each meal to aid in digestion and prevent overeating.
4. **Eat water-rich foods.** Incorporate foods such as cucumbers, watermelon, oranges, and strawberries into your diet.
5. **Pay attention to signs of dehydration.** Symptoms may include thirst, dry mouth and skin, fatigue and weakness, headache, dizziness or lightheadedness, and dark-colored urine.

Know when to boost your water intake

- Before, during, and after exercise or physical exertion
- Upon waking
- In hot or humid environments
- In high altitudes
- During illness
- During pregnancy and breastfeeding
- After alcohol consumption
- After caffeine consumption
- While traveling