

Wellness Tip: Hydration

Has drinking water and staying hydrated been more difficult? Or maybe because you are required to wear a mask all the time? Hydration is key to your overall health for a many reasons, particularly as we move into the warmer months.

Why staying hydrated is so important:

- Impacts on **energy levels & brain functions**: even 1% (or very mild dehydration) can impair brain function – including mood, concentration, and headaches!
- **Keep your bowel movements regular**: bowel health and regular bowel movements can help improve your mood and your overall function of the digestive system. Staying hydrated can relieve constipation and support your digestive system!
- **Increases satiety & boosts your metabolic rate**: drinking more water can increase your metabolism helping your body burn more calories, it can also help keep you full. Often you may feel hungry, but in fact it is your body needing more water. More water can increase satiety and make you less likely to keep going back to the snack drawer if you are staying hydrated.



How much water do I need?

- *There is no one size fits all for fluid needs!* Activity level, environment/weather, health status, being a male/female all make fluid requirements different. Generally – the recommendation is to drink minimally 64 oz or 8 cups of water – however, the National Academy of Medicine recommends women drink 11 cups of water and men drink up to 15 cups of water.

- Fluid intake includes more than just the water you are drinking out of the faucet, but other beverages and foods count toward your daily allotment including, tea, lemonade, seltzer water, and even fruit etc. *Note: drinks with caffeine (ex: coffee) are a diuretic (which can dehydrate you) so be sure to drink beverages without caffeine and increase your water intake if you have consumed a large amount of caffeine.*



How can I increase my water intake?

- Keep a **reusable water bottle** with you throughout the day – easy to carry from room to room, on an errand, or while you are working out (added bonus: you’re helping the planet with less plastic water bottles).
- **Set reminders** – there are tons of water tracking apps on your smart phone that can remind you to drink water and allow you to track on your own! *My Water & Drink Reminder is a Free app you can search in the app store!*
- **Replace sugary beverages with water or seltzer water!** Double whammy – avoid sugar crashes and extra calories that are packed in sweetened beverages and replace them with infused water (a great family activity you can do with the kids!). Fresh produce is more abundant, try throwing cut up fruit into your water bottle for new and different flavor combinations (*strawberry/basil, watermelon/mint, blueberries/peaches, pineapple /strawberry*).
- You can use this [water tracker flyer](#) to keep yourself on track all week.