



IT'S GREAT TO HYDRATE.

Staying hydrated benefits your body.



What is hydration?

Your body needs water to function. Hydration is the process of replacing water within your body.



What are sources of hydration?

Water is best. Water-rich foods (like fruits and veggies) also work to hydrate you.



Why is hydration important?

Staying hydrated helps your heart pump blood through the body, and helps to rid the body of waste. It also helps to regulate body temperature.



Rethink what you drink.

Avoid sugary fruit juices and sodas. (Even many "sports drinks" are high in sugar and calories.) Caffeinated beverages cause you to lose fluids and become less hydrated.



Staying well-hydrated.

Each person is different. But, in general, experts recommend about 15 and a half cups (or 3.7 liters) of fluids per day for men, and about 11 and a half cups (or 2.7 liters) of fluids per day for women. (Note that's cups, not glasses. Drinking glasses and water bottles often hold more than one cup.)



Make hydration a habit.

Make good hydration a daily routine.