



The Importance of Staying Hydrated

The human body is made up of 50% to 75% water. Water is essential for normal body functions, such as digestion, muscle contractions, and thinking clearly. Your body loses water throughout the day through sweat, urination, and during exhalation, so it is important that you drink water and liquids to replenish.

Staying hydrated can help prevent:¹

- Urinary tract infections
- Headaches
- Constipation
- Dizziness
- Confusion
- Kidney stones
- Ulcers
- Other skin conditions

Dehydration is caused by losing more fluids than what you are consuming. Certain groups of people are more prone to dehydration, including babies and infants, older adults, athletes, and people with chronic or long-term health conditions. Early signs of dehydration may include lightheadedness, dry mouth, fatigue, dark-colored urine, or less frequent urination.¹

How much water should you drink throughout the day?

A good rule of thumb is to drink half your body weight in ounces of water. For example, an adult weighing 160 pounds should consume about 80 oz. of water per day.

Tips for staying hydrated and maintaining fluid intake include:²

- Bringing a water bottle with you throughout the day.
- Consuming water or fluids before, during, and after exercise.
- Eating more fruits and vegetables, which tend to be naturally high in water content.
- Infusing your water with fruit, citrus juice, or low-calorie flavor drops.
- Limiting caffeine and alcohol intake, as these can lead to dehydration.

Sources:

¹ <https://www.nhsinform.scot/campaigns/hydration#:~:text=How%20can%20you%20stay%20hydrated,that%20you%20will%20become%20dehydrated>

² <https://extension.psu.edu/water-water-everywhere>