Tips to Stay Hydrated

A new study states that up to 75% of Americans are dehydrated. This is a huge problem because not only is water vital for life, but consuming enough water everyday can bring about many health benefits. On average, men should consume 3.7 liters of water daily and women should consume 2.7 liters of water. This may seem like a very large amount of water, but it includes any water intake from foods and other beverages as well as from drinking plain water.

**Why drink more water?**
- Dehydration can affect cognitive performance making you less alert and more irritable
- Dehydration can often cause headaches, so drinking more water may reduce the intensity of headaches
- Drinking water when hungry may stave off hunger and help reduce daily caloric intake
- Water has no calories, so drinking this instead of other sugary beverages will also help reduce caloric intake

**Why is water so important?**
- Water is vital for cells to function properly
- Water helps to lubricate and cushion joints
- Water regulates body temperature
- Water helps to flush out waste through urination and perspiration

**Tips to increasing water intake**
- Always carry a reusable water bottle with you, and keep it full of H2O
- If you don’t like plain water, jazz it up by adding fruits or cucumbers
- Keep yourself on a schedule to ensure you are drinking enough water throughout the day
- Order water instead of other beverages when you go out to eat. You’ll save money and stay hydrated!
- Eat foods with high water content such as strawberries, melons, lettuce, and celery

*Sources:
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2908954*