

# HYDRATION

Water. Aqua. H<sub>2</sub>O. The majority of your body is made up of it, so it only makes sense that it's critical to stay hydrated throughout the day with fluids and water-rich foods! Water is a vital nutrient and helps numerous body systems to function properly, so check out some of these reasons and tips for maintaining your water levels.

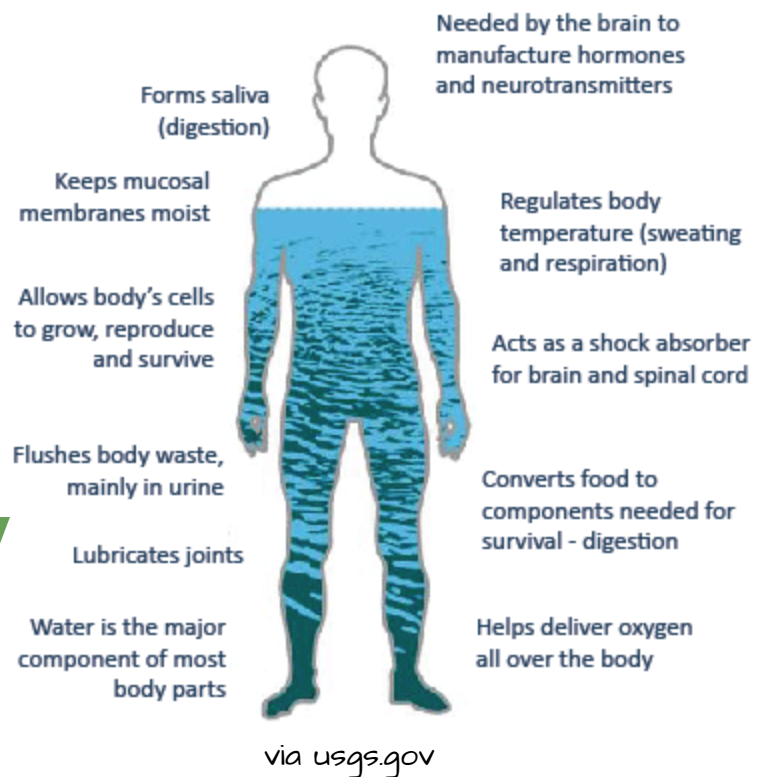
## Hydration Tips

- Bring a reusable water bottle everywhere you go, it's good for you & the planet
- Avoid soda and other sugary beverages - add lemon or lime to your water for taste
- Drink a glass of water first thing in the morning and before meals
- Eat more water-rich foods like fruits and vegetables
- Look out for dehydration symptoms: fatigue, constipation, dry mouth, dark urine, dizziness, & thirst (duh!)
- Keep track of your daily water intake

## Daily Recommended Amount of Water

Children (4-8 years)	5 cups (40 ounces)
Children (9-13 years)	7-8 cups (56-64 ounces)
Children (14-18 years)	8-11 cups (64-88 ounces)
Women (19+ Years)	9 cups (72 ounces)
Pregnant Women	10 cups (80 ounces)
Men (19+ years)	13 cups (104 ounces)

## What Does Water Do For You?



### Sources:

- <https://www.cdc.gov/healthywater/drinking/nutrition/index.html>
- <https://extension.psu.edu/water-water-everywhere>,
- <https://www.usgs.gov/special-topic/water-science-school/science/water-you-water-and-human-body>