



### WHY HYDRATION MATTERS

Proper hydration is essential for various bodily functions and has numerous benefits, including:

- Regulating body temperature
- Lubricating joints
- Aiding digestion
- Supporting nutrient absorption
- Maintaining healthy skin
- Promoting cognitive function
- Enhancing physical performance

### DAILY HYDRATION GOALS

Meeting daily hydration goals can vary depending on several factors, including age, sex, physical activity level, and environmental conditions.

**Adults** Men should aim to consume at least 13 cups (3.7 liters) of fluid per day and 9 cups for women (2.7 liters). This includes water, unsweetened beverages, and water-rich foods.

**Children and Adolescents** Hydration needs vary by age, but a general recommendation is 5-8 cups (40-64 ounces) per day.

Another accurate method for calculating fluid needs (in ounces) is by dividing body weight in lbs by 2. For example, a 200 lb person needs about 100 ounces of fluid daily (200 lb / 2 = 100 ounces).

### SIGNS OF DEHYDRATION

Symptoms of dehydration can sneak up on you. You are likely already dehydrated when experiencing the following symptoms:

Thirst • Dry or sticky mouth • Fatigue or dizziness • Dark-colored urine • Headaches • Dry skin • Decreased urine output

### HOW TO STAY HYDRATED

1. **Drink Water Regularly** Encourage individuals to sip water throughout the day rather than relying on large quantities at once.
2. **Track Fluid Intake** Use a water bottle to monitor daily fluid consumption.
3. **Eat Water-Rich Foods** Include fruits and vegetables with high water content in meals and snacks.
4. **Limit Caffeine and Alcohol** These beverages have diuretic effects.
5. **Hydrate Around Exercise** Drink fluids before, during, and after physical activity to maintain hydration levels.
6. **Consider Electrolytes** During intense exercise or in hot environments, replenish electrolytes with coconut water or a sports drink.

### SPECIAL CONSIDERATIONS

Your hydration requirement depends on your unique needs. Below are a few considerations for special populations:

**Pregnant and Breastfeeding Women** Increased fluid intake is crucial during pregnancy and lactation. Encourage them to consult with their healthcare provider for personalized recommendations.

**Elderly Individuals** Age-related changes can affect thirst perception. Encourage regular fluid intake and provide reminders if needed.

**Medical Conditions** Some medical conditions, such as kidney disease or diabetes, may require specific hydration guidelines and even fluid restrictions. Refer clients to their healthcare provider for individualized advice.

**Athletes** Highly active individuals will require more fluid than inactive individuals based on activity type, intensity, frequency, duration, and climate in which it is performed. Refer to **Hydration Needs for Athletes** resource.