Water is one of the most essential components of the human body. Water works to regulate body temperature, cushions and protects vital organs, and aids the digestive system. Water acts within each cell to transport nutrients and dispel waste. Since water composes more than half of the human body, it is impossible to sustain life for more than a week without it.

Source: American Council on Exercise

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**Tips for Proper Hydration**

**Drink Water!** The minimum recommendation is 13 cups/day for men and 9 cups/day for women (1c= 8 oz.).

**Eat Fruit.** Fruit contains a lot of water and also carbs, which will keep you hydrated and build up your energy stores.

**Carry a water bottle...everywhere!** Fill it up every few hours.

**Drink before you feel thirsty.** Thirst is one of the first signs of dehydration. Hydrate before your body tells you it needs water.

**Drink sports drinks, but in moderation.** If your workout is longer than 60-90 minutes, these can replace necessary electrolytes. Stick to one a day.

**Stop drinking 30 minutes before exercise.** Drinking right before exercise can cause bloating, frequent urination, or over-hydration. Hydrating gradually throughout the day is key.

**Don’t over-hydrate.** Excess water consumption causes lower sodium levels in the blood, water intoxication, bloating and dizziness. Stick to no more than 1 liter/hour.

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**Drink water is an excellent choice! It hydrates you without providing extra calories, sugar, or risking harm to your teeth.**

**Drink Plenty!**

**Tea & Coffee** provide water and some nutrients if drank with milk. Drink without added sugar to limit calorie intake. You could try decaffeinated, herbal & other hot drinks too.

**Milk** provides water and is a useful source of nutrients. It is best for adults and older children to choose lower fat varieties.

**Have regularly, but choose lower fat versions**

**Fruit juices** provide water and some vitamins and minerals. However, they also contain sugar and calories! And can be acidic, risking harm to teeth.

**Drink in moderation!**

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**Soft drinks** that contain sugar provide water, but they also provide calories, usually without extra nutrients and can be acidic. Having these frequently may risk harm to teeth.

**Drink in SMALL AMOUNTS!**

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Source: National Hydration Council

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*Recreation, Fitness, and Wellness*