

The Importance of Hydration

How can you tell you are drinking enough?



Benefits of Drinking Clear Liquids

Increased Energy

Decreased Fatigue

Helps prevent constipation

Keeps your body in motion

Weight loss



How Much Should I Drink?

Try Consuming 64 oz of Fluids daily.

This may vary from person to person based on activity or medication.

Examples of liquids to include for hydration are:

Crystal Lite

Smart Water

Mio Drops

Hint Water

Decaf Tea

Broth

Propel

Water

Sugar Free Electrolyte Drink

Sugar Free Ice Pops/Jello

Infused water : try with fruit/mint/cucumber/lemon or lime



How Can I Tell If I am Drinking Enough

Check your Urine, It should be light-colored.

Warning signs of Dehydration:

Dark colored urine/low volume of urine

Headache

Nausea/Vomiting

Muscle/Joint soreness

Constipation

Low Energy/ Light headedness

Restlessness/muscle cramps



Tips for Sipping.....

Have water as soon as you wake up for the day, before your coffee

Have a large water bottle handy filled with your choice of beverage

Take small and frequent sips

Check the color of your urine throughout the day

Keep track of how much you are drinking

Drink before and after your exercise routine.

