

W.O.W.

WAC ON WELLNESS

HYDRATION

The body is made up of about 60-70% water. We need water to transport essential nutrients throughout the body, lubricate our tissues and organs, regulate body temperature, and remove waste products. We cannot survive more than a few days without water. Most beverages count toward our daily intake, but water is always the best option. Always be aware of excess calories and sugar that are in your beverages.

How much water do I need each day?

The average, healthy adult requires about 60-80 oz of water each day. This requirement increases depending on environment and activity. In a warm and humid environment or with intense activity, the amount recommended could nearly double. Water is lost via urine, sweat, feces and even when we exhale. Water loss occurs daily and is the reason why we need to replenish every day.

Can I drink too much water?

Although overhydration (water intoxication) is not common, it can happen when a person drinks too many fluids. This usually only happens in the endurance athlete during competitions. It occurs when the balance of water and electrolytes in the cells get disrupted and the cells contain too much fluid. This causes damage to the cells and can be very dangerous. Also, some people with a heart or kidney condition may have a fluid restriction that is usually determined by their doctor.

How do I know if I am dehydrated?

If you are not drinking enough water, your body will often let you know! You will feel thirsty, have dark urine, and your skin, mouth, lips and eyes may feel dry. Dehydration is more common in warm seasons, during long and intense activity, or if a person is ill and is vomiting or experiencing diarrhea. Be aware that alcoholic beverages will tell the body to release fluids and could cause dehydration as well.

Ways to get more fluid

- Drink through a straw
- Pick up a fun new water bottle
- Add citrus fruits, strawberries or cucumber to flavor your water
- Add low-sugar water enhancers
- Put 6-8 bracelets on your left hand. For every cup of water you drink, put a bracelet on the right hand because staying hydrated is the “right” thing to do!



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Wisconsin Athletic Club

FIND YOUR FIT.

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