

Water – Drink Up!



Water has major functions in the body. Drinking enough water is an important part of a healthy lifestyle and a successful weight management program. Here are some tips:

- Sometimes, we feel hungry when we are actually dehydrated.
- Don't wait for thirst! Sip throughout the day.
- Always keep a water bottle with you.
- Take "Water Breaks" throughout the day.
- Drink decaffeinated beverages or plain water with meals.
- Don't skip the water fountain – always take a sip.

How much water do we need?

- The average adult loses about 2 ½ quarts (about 10 cups) of water each day. Therefore, drinking approximately 8–12 cups throughout the day is sufficient.
- Heat, activity and diet (high protein intake, caffeine, alcohol) increase your need for water.

How can you make sure you get enough water?

- Check your urine – it should be clear and light-colored.



Dehydration: The Warning Signs

- Nausea
- Vomiting
- Headaches
- Elevated body temperature
- Dry lips and tongue
- Dry skin
- Water retention problems
- Muscle or joint soreness
- Hoarse voice
- Constipation
- Restlessness
- Muscle cramps
- Infrequent and dark-colored urine
- Light-headedness and loss of energy

