

Water – Drink Up!



There are many important reasons to drink water, especially when working on weight loss. Water is an essential component in your body. You lose water through normal activities. Drinking water is important for weight management and overall health.

Here are some tips:

- Sometimes, we feel hungry when we are actually thirsty.
- Always keep a water bottle with you.
- Don't wait for thirst! Sip throughout the day.
- Drink 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 (hot outside), activity (physically active), and diet (high protein intake, caffeine, or alcohol) increase your need for water.



How can you make sure you get enough water?

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

Dehydration: The Warning Signs

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

