Hydration Fact Sheet

- It is recommended that adults drink eight 8-ounce glasses of water each day.

- To determine one’s ideal daily water intake, experts at the Mayo Clinic suggest dividing your body weight in half and using this number as the ounces of water you should consume. Based on this formula, a 125-pound person should consume the recommended eight servings of water each day.

- We lose a pint or more of water every day simply by breathing!

- We normally lose a total of about 10 cups of fluid a day in exhaled air, perspiration, and other bodily secretions.

- The body tends to dehydrate while traveling, particularly on airplanes. An additional 8 oz. of water per hour is suggested.

- Exposure to summer heat requires additional water. The body uses a great deal of water through skin-cooling perspiration.

- One of the best ways to recognize dehydration is to pay close attention to the color of your urine. Ideally, light to clear urine indicates proper water intake.

- The first sign of dehydration may be a headachy feeling at the end of the day.

There are a number of ways to integrate more water into your lifestyle.

- Pour the water into an easy-to-use water bottle. Add ice and a slice of lemon or lime. Chill the water. Drink moderate-size portions spread over the course of a day, rather than drinking it all at one time.

- Visit the office water cooler and take a water break instead of a coffee break.

- Make drinking water a habit – drinking water at the same times each day will make it much easier.

- Don’t wait for thirst to replenish water. By the time it develops, 2 or more cups of total body water have probably been lost.

- Carrying a bottle of water on the morning commute or keeping a cup of water at one’s desk can contribute to proper hydration.

Source: www.keidel.com/resource/wellness/h20.htm

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