

FACULTY AND STAFF WELLNESS INITIATIVE

HYDRATION QUICK FACTS

Staying hydrated is key to feeling energized, focused and at your best every day.

60%



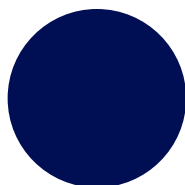
Your body is about 60% water!

Water helps to regulate temperature, move nutrients around, boost your mood and support brain function.



Monitor your status

Checking your urine color is a way to monitor your hydration status. What to look for: hydrated urine is pale lemonade in color.



Even a 1% drop in body mass from water loss (example, 1.5 pounds loss in 150-pound person) **can interfere with your attention, memory and alertness.**



Track your daily hydration intake using a daily hydration tracker, or try hydration tracking apps like Waterllama, Aquaalert or Hydrocoach.

DAILY HYDRATION RECOMMENDATIONS

There are many factors that contribute to your daily fluid needs including gender, exercise intensity, environment and more.

Daily water goals for healthy people (Source: Institute of Medicine):



cups per day for women



cups per day for men

If your healthcare provider gives you specific hydration guidelines, always follow those instead.

TIRED OF PLAIN WATER?

TRY FRUIT FLAVORED INFUSED WATER

How to:

1. Grab a mason jar or pitcher.
2. Add a fruit/herb combination of your choice (see ideas below).
3. Fill with water.
4. Chill for several hours and strain before sipping.

Flavor combinations to try:

- Sweet and refreshing: 1 cup of sliced strawberries and 1/2 cup fresh basil
- Citrus twist: 1 cups of sliced oranges and 1/2 cup fresh mint



Are other beverages hydrating?

Yes, beverages like milk, juice, herbal tea and even coffee (in moderation) count towards your daily fluid goals.



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