

Hydration Quick Facts

Your Daily Hydration Goal

Fluid needs vary based on many factors including exercise intensity, environment and more. These are general guidelines for healthy adults, 9 cups* per day for women and 13 cups* per day for men. *(8 fluid ounces per cup)

9

cups per day for women

13

cups per day for men

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



You're Mostly Water

About 60% of your body is water. It helps to regulate temperature, move nutrients and supports mood and brain function.



Even Mild Loss Matters

A 1% drop in body mass from water loss can affect attention, memory and alertness.
Example: 1.5 pound loss for 150-pound person.



More Than Just Water

Beverages like milk, juice, herbal tea and even coffee (in moderation) all count towards your daily fluid goal.



Quick Tip

You don't have to hit your goal with plain water alone. A mix of hydrating foods and beverages throughout the day adds up.

Simple Ways to Build Your Hydration Habit at Work

1

Use water bottle refilling stations, available throughout campus.

2

Keep a refillable bottle or cup at your desk and top it off between meetings.

3

Pair a glass of water with habits you already have, like before your morning coffee.

Add A Hint of Flavor with Fresh Fruit

Fill a jar or container with a combination of fruit, vegetables and herbs. Try combinations like lemon and blueberry, orange and lime or cucumber and mint. Let the flavors infuse for two hours or more. Strain, pour over ice and enjoy.



Scan for more from the Wellness Initiative and visit wellness.syr.edu