



Healthy Lifestyle: Hydration

Drinking water helps keep your temperature normal, lubricate your joints, protect your tissues and is imperative to maintain your overall health.

Good rule of thumb is to drink
6-8, 8 ounce glasses
of water every day.

However, each person is different and the amount of water one should drink can vary depending upon the climate one lives in, ones activity level, underlying health conditions, etc.



Signs of Dehydration include:

dry mouth, urine that is dark yellow or amber in color, sleepiness or fatigue, headache, dizziness or lightheadedness and confusion.



Staying **hydrated at work** is crucial for maintaining a healthy lifestyle and can oftentimes be put on the back burner. Tips for staying hydrated at work include:

- Bringing a water bottle to work
- If you need more flavor in your water in order to drink enough, try adding a slice of lemon or lime, or using a liquid water enhancer, such as MiO
- Feeling hungry? Try drinking water first!

