

Stay Hydrated!!

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You may have heard that everyone should drink 64oz of water everyday, but that is not usually true as it depends upon individual's needs like their health, activity level, environment and many other factors.

Water has many benefits including:

- Regulating internal body temperature
- Lubricating joints

- Metabolizing food & regulating hunger
- Flushing body waste & producing adequate saliva

TIPS for staying hydrated this Summer!!

- Drink a full glass of water first thing in the morning.
- Invest in a fun or fancy water bottle
- Use alarms or notifications to remind yourself
- Focus on your body's signals
- Drink a glass of water before each meal
- Add calorie-free flavoring



- Check the color of your urine
- Swap high sugar drinks for sparkling water or seltzer
- Set a daily goal
- Make it a challenge

Not drinking enough water can make you dehydrated and could affect kidney functioning, unbalanced electrolytes and other complications.

Reference: <https://health.unl.edu/10-tips-staying-hydrated-summer%2%A0>