Water and Hydration

Why focus on water and hydration?

Water makes up 60% of your body weight

It makes up to 90% of your brain's weight

Our blood is 90% water

- Is essential to all major functions circulation, breathing, nerve function, reproduction, and most others
- Regulates our bodies temperature
- Hydrates the skin
- Moves waste through the kidneys and optimizes kidney function
- Aids in digestion preventing constipation
- Moves the nutrients through the digestive tract
- Delivers nutrients to our cells and helps to boost energy
- It boosts performance during exercise

How much water to drink each day

There isn't an exact answer to this question.

- About 15.5 cups (3.7 liters) for men
- About 11.5 cups (2.7 liters) for women

You are probably drinking enough water if:

- You rarely feel thirsty
- Your urine (pee) is colorless or light yellow

WATER Tracker

- ○ 7 AM — Rise and shine
- ○ 9 AM — Let's get started
- ○ 11 AM — Remember your goal
- ○ 1 PM — Keep it up
- ○ 3 PM — Half way there
- ○ 5 PM — You can do this
- ○ 7 PM — Don't quit now!
- ○ 9 PM — All in a day's work