



Water, Water, Everywhere

Depending on our age, water makes up at least half if not more of our body weight and serves many important functions in the body. Water moves nutrients around in the body, carries away waste, adds moisture to the eyes, nose, and mouth, keeps skin hydrated, protects against heat exhaustion, and helps carry medications to the right parts of the body.

Do You Drink Enough Water?

Many things may impact how much water you need, such as the type, intensity, and frequency of physical activity you do. If you do not drink enough water or other fluids, you might experience signs of dehydration. You may feel lightheaded, dizzy or nauseated. If you do not drink any fluid to correct this situation, your body temperature will begin to rise, which can lead to heat stroke.



Your body needs fluid in the form of water or other beverages, such as juice, milk, tea, sports drinks, and soda. You get some of the fluid you need from the food you eat. The following table indicates the amount of fluid you should get from water or other beverages every day.

Amount of Fluid We Need from Beverages Daily

AGE (in years)	MALE	FEMALE
1-3	4 cups	4 cups
9-13	8 cups	7 cups
14-18	11 cups	8 cups
19-50	13 cups	9 cups
51 and over	13 cups	9 cups

**Adapted from 2004 National Academy of Sciences Recommendations for total water.*

Staying Hydrated During Exercise

Be sure to replace any fluid you lose during exercise. One way you can check to see whether you are hydrated is by weighing yourself without clothes before and after you exercise. Any difference in weight before and after you exercise is water weight and needs to be replaced. To replace the water you have lost, drink 16 ounces of fluid for every pound lost. If you are unable to weigh yourself, another indicator of dehydration is the color of your urine, which should be straw-colored, not the color of apple juice.



Myth Buster

Fact or fiction: Beverages that contain caffeine will contribute to your daily fluid needs? **FACT!** Research has shown that beverages containing caffeine, such as soft drinks, tea, and coffee can contribute to meeting your daily fluid needs as much as non-caffeinated beverages, such as water, milk, and juice do. Some of these beverages may contain calories, which should be accounted for in your diet.



What About Sports Drinks?

Sports drinks are designed for active people. Because these drinks taste good, some people drink more of them than they would plain water. Although you replace more fluid the more you drink, the extra calories in sports drinks can add up quickly. A typical sports drink has 50-80 calories per 8-ounce serving. Many bottles hold 20 ounces, which is actually two and a half servings per bottle, or 125 calories. For most people, the most important fluid to drink during exercise is plain water.

Don't Forget...

Remember to wash out your water bottles using hot, soapy water. A sanitizing solution of 1 teaspoon of household bleach to 1 gallon water should be mixed and added to the bottle. Shake the bottle and allow it to sit for one minute before rinsing out.