

The Importance of Staying Hydrated

The human body is made up of 50% to 75% water. Water is essential for normal body functions, such as digestion, muscle contractions, and thinking clearly. Your body loses water throughout the day through sweat, urination, and during exhalation, so it is important that you drink water and liquids to replenish.

Staying hydrated can help prevent:[1]

- Urinary tract infections
- Headaches
- Constipation
- Dizziness
- Confusion
- Kidney stones
- Ulcers
- Other skin conditions

Dehydration is caused by losing more fluids than what you are consuming. Certain groups of people are more prone to dehydration, including babies and infants, older adults, athletes, and people with chronic or long-term health conditions. Early signs of dehydration may include lightheadedness, dry mouth, fatigue, dark-colored urine, or less frequent urination.[1]

How much water should you drink throughout the day?

A good rule of thumb is to drink half your body weight in ounces of water. For example, an adult weighing 160 pounds should consume about 80 oz. of water per day.

Tips for staying hydrated and maintaining fluid intake include:[2]

- Bringing a water bottle with you throughout the day.
- Consuming water or fluids before, during, and after exercise.
- Eating more fruits and vegetables, which tend to be naturally high in water content.
- Infusing your water with fruit, citrus juice, or low-calorie flavor drops.
- Limiting caffeine and alcohol intake, as these can lead to dehydration.

Sources:
[1] https://www.nhsinform.scot/campaigns/hydration#:~:text=How%20can%20you%20stay%20hydrated,that%20you%20will%20become%20dehydrated
[2] https://extension.psu.edu/water-water-everywhere

Treatment Disclaimer: This material is for informational purposes and is not intended to be exhaustive nor should any discussions or opinions be construed as legal advice. Contact your broker for insurance advice, tax professional for tax advice, or legal counsel for legal advice regarding your particular situation. USI does not accept any responsibility for the content of the information provided or for consequences of any actions taken on the basis of the information provided. ©2024 USI Insurance Services. All rights reserved.