

## Importance of Water & Hydration



60% of your body is made of water. It plays a role in keeping all your body systems working well.

### WAYS TO INCREASE WATER

- Listen to your body
- Opt for water
- Drink water throughout the day
- Carry a refillable water bottle
- Add a flavor enhancer
- Eat fruits and vegetables that are high in water like grapes, lettuce, and cucumbers

### RISKS OF DEHYDRATION

- Headaches
- Dizziness
- Digestion problems
- Mood changes
- Confusion
- Kidney and heart problems

How much fluid you need depends on your weight, sex, age, and how much you sweat. Aim to sip on fluids throughout the day. Ask your dietitian for more specific guidance if you're worried about hydration.

<https://www.health.harvard.edu/staying-healthy/how-much-water-should-you-drink>

If you would like more information or want to speak with your HTC Team about Wednesday Wellness, please contact Diane or Alicia at (208) 381-2782.