

# KEEPING HYDRATED IS ESSENTIAL TO YOUR HEALTH.

It increases energy, boosts your immune system, and even improves your mood.

More hydration information on the flipside!



## GET IN THE H<sub>2</sub>KNOW.

It's happening whenever you breathe, perspire, or use the restroom: your body is losing water. Suddenly your mouth is dry and you feel irritable, sluggish, and light-headed. ***That's dehydration at work.***

The good news? It's easy to fight with water and some common-sense guidelines.



## JUST ADD WATER.

- Men should drink at least 13 cups of water per day; women 9 cups. (That's 1.5–2 refills of your Highmark water bottle!)
- Weigh yourself before and after exercising. For every pound lost, replenish with two cups of water.
- Stick to water when rehydrating. Avoid juices, sugary drinks, and caffeinated beverages.

# FIVE STEALTH TIPS FOR STAYING HYDRATED.

1

Eat water-rich foods like cucumber, leafy greens, melon, and citrus.

4

Add a twist of lemon or lime or even berries or herbs if plain H<sub>2</sub>O is just too bland.

2

Drink a glass of water when you first wake up — you even lose fluids while you sleep!

5

Keep a water bottle nearby and filled throughout the day!

3

Prep your body by drinking water before exercising or going out in hot weather.