



# HYDRATION 101

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How often have you had someone tell you to “stay hydrated” or to “drink enough water?” I’m sure you have heard some variation of these far too often but never enough! Those people know what they’re talking about, keep them close! Let’s take a deeper look into why hydration is important for our health.

## Hydration’s Benefits

Before we dive into the benefits of hydration, let’s talk about what hydration really means. Hydration is the process of providing adequate amount of water to our body’s tissues in order to function properly. About 60% of our body is made up of water and we want to make sure to maintain the right amount of water and electrolytes in order to allow our body to function, as each system in our body relies on water.

Water serves many roles and functions in our body but to keep it short, water carries the nutrients from the foods we eat to our cells, regulates body temperature, provides moisture to skin and tissues, flushes out toxins, and it also helps regulate bowel movements.

Still not convinced of the importance of water? Our bodies can last up to a month without food, but only DAYS without water. Now do you see how important water is for us?!

## How Much Water Do I Need?

You might be wondering how much water you should be aiming for per day to stay hydrated. Well, each individual’s fluid needs vary depending on several factors such as age, gender, and physical activity levels. According to The National Academies of Sciences, Engineering, and Medicine, the adequate daily fluid intake is about 15.5 cups (3.7 liters) of fluids for men and about 11.5 cups (2.7 liters) of fluids for women, per day. This recommendation might sound like a lot but these amounts include fluids from all types of beverages and the water found naturally occurring in our foods.

## Tips for Staying Hydrated

1. Invest in an aesthetically pleasing reusable bottle or cup! This will incline you to drink more water throughout the day.
2. Incorporate more fruits and vegetables in your diet. Fruits and vegetables are made up of about 80-98% water. Some fruits and vegetables with high water content include: watermelon, strawberries, cucumber, celery, and spinach.
3. Set alarms on your phone to remind you to drink water. Most of us are dehydrated but we don't realize it. Setting some sort of reminder, like an alarm, will remind you to drink up and stay hydrated!
4. Think water tastes too plain? Flavor it! Add your favorite fruits, vegetables, or herbs to infuse your water. Sliced lemon and mint is a refreshing combo!
5. Make sure to keep your water handy. When leaving the house, make sure to grab your water bottle in addition to your phone and keys. Keep a bottle stored in your car, at work, on your nightstand, and even in your bag/backpack.

