

'Water' you up to?!



A UnitedHealthcare Company

66% of your body is made up of water...



... yet, **75%** of Americans don't drink enough water

It's time that you think about all that water and how to take care of it! Staying hydrated has countless benefits, including:

- Improved sleep
- Clearer, more youthful skin
- Weight loss
- More mental energy

Neglecting your daily water intake can have immensely negative effects on:

- Your immune system
- Muscles
- Joints
- Digestion
- Overall health

True or False?

Sports drinks are healthier for you than water

False.

Most sports drinks have a lot of sodium, calories, and artificial colors. While these drinks can be helpful for the extreme athlete, the average person does not reap any major benefits. Fluid requirements can easily be met by plain old water.

True or False?

Reusing plastic water bottles can cause cancer

continued on back

During summer, we are generally more active – playing sports, swimming, hiking, – and our bodies have to work harder to keep up with the heat. It is more important than ever to stay hydrated during the summer. This will help you avoid heat exhaustion and heat stroke.

Here are some tips to help you stay hydrated:



Bring a refillable water bottle with you wherever you go



Add lime, cucumber, or other fruits and vegetables to mix up the flavor



Snack on water-rich foods like watermelon and oranges



**Staying hydrated is a no-brainer!
But, how much water do you really need?**

Weight (lbs.)	Active lifestyle	Non-active lifestyle
200	150 oz / 19 cups	95 oz / 12 cups
175	131 oz / 16 cups	88 oz / 11 cups
150	113 oz / 14 cups	75 oz / 9 cups
125	94 oz / 12 cups	63 oz / 8 cups

False.

You may have heard the myth that your old soda bottle can release dangerous chemicals if used more than once. Studies show that this is false. So whether it's plastic, aluminum, glass or other reusable material, go ahead and use whichever water bottle keeps you hydrated!

True or False?

Drinking water can help you lose weight

True.

Sometimes you feel hungry when you are actually dehydrated. This is your body's way of trying to tell you to hydrate.

Tip: Next time you're hungry, have a big glass of ice water first! This will fill you up and keep you from overeating.