

Set Yourself Up for Success: Water



Staying hydrated is essential for optimal performance and can influence concentration and mood.

Water energizes muscles and is essential for bodily functions including digestion, absorption, circulation, creation of saliva, transportation of nutrients, and maintaining body temperature. It also helps flush out waste and toxins. Overall, daily activities are performed more easily and efficiently with adequate water. Dehydration may give you a false sense of hunger, which will cause you to eat when what you actually need is to drink more water, and can cause headaches. Stay sharp and feel better by staying hydrated throughout your day.

Since the healthiest fluid you can consume is water, we recommend that it be your primary beverage. Water requirements between individuals vary depending on circumstances like size, activity level, sodium intake, alcohol intake, fiber intake, weather, and more. When determining if you are adequately hydrated, pay attention to your body's cues. For example, being thirsty is a good indicator that you are not drinking enough water. If you are well hydrated, your urine should be clear or pale yellow, and you should be urinating every few hours.

If you struggle with drinking enough water, consider these strategies:

Make it visible. Put the glass in a commonly see place (like your kitchen counter, desk, night stand) and every time you see it take a drink.

Think small amounts. Set a small glass by the fridge or sink and each time you walk past, drink 3-4 oz. Small steps lead to big strides over time.

Make it stylish. Carry fun, stylish water bottles with you on the go. Carrying water with you serves as a reminder to stay hydrated.

Sip from a large spout. Utilize a large rimmed glass or bottle with a large opening to allow for larger amounts to come out with each drink.

Set a bottle on your nightstand. Make one of the first actions of your day drinking the water you set next to your bed.

Add flavor, but skip flavor packets. Use lemon, lime, or fruit for flavor. Processed, packaged flavor packets are usually full of sugar and/or artificial sugar which may increase cravings.

Refrigerate it. Keep a pitcher of water in the fridge for easy access to cold water throughout the day.

Set alarm reminders. Set alarms on your phone to go off throughout the day to remind you of how much you should have had by a certain time.

