

# Living Well Tip of the Week

The average person must consume 2.5 quarts of water through food and drink per day to maintain health (American Dietetic Association)

## 8 Glasses Per Day

Experts differ on the exact amount, but most agree that at least 8 glasses/day will get you covered.

## More if You Exercise

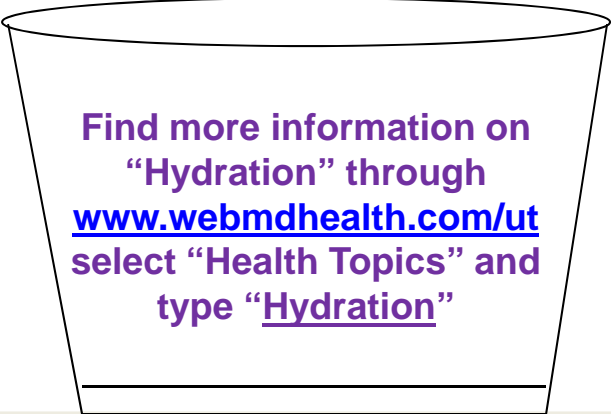
Remember that you lose water more rapidly with exercise through sweating and increased metabolism.

## Drink Before You're Thirsty

Thirst provides a poor index of body water needs. Drink at regular intervals to avoid dehydration symptoms.



How Much Water Should You Drink?



Find more information on "Hydration" through [www.webmdhealth.com/ut](http://www.webmdhealth.com/ut) select "Health Topics" and type "Hydration"

## Where to Get More Water

- Take a water break instead of a coffee break.
- Keep a cup handy at your desk and in your car.
  - Eat more fruits and vegetables.
- Keep the fridge stocked with cool water instead of colas or alcohol.

## Dehydration Facts

- Mild dehydration can slow your metabolism by 3%.
- A glass of water at night halts most hunger pangs.
- Lack of hydration is the primary driving force behind daytime fatigue.