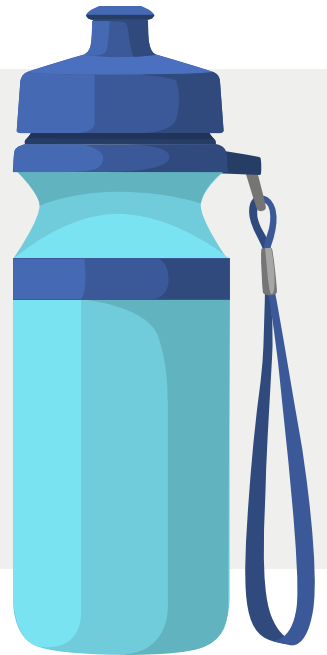


Healthy Hydration

Water doesn't just quench your thirst — it helps regulate body temperature, supports digestive regularity, lubricates and cushions the joints, protects tissues and helps with waste elimination. Dehydration can cause muscle cramps, lightheadedness, dizziness and potentially more serious problems.



General Recommendations

The average adult needs 11–15 cups of fluid per day. However, in addition to water, this can come from food like fruits, vegetables and soups, and from other beverages like milk, tea, juice and coffee.

Aiming for six to eight 8-oz. glasses of water is a reasonable goal for most healthy individuals; however, some people may need more and some may need less.

- *Speak to a RDN or doctor for more individualized recommendations. Some medical conditions such as heart failure or kidney disease may require fluid intake monitoring.*

Tips for stay hydrated include:

- Keep a filled water bottle nearby, and drink from it throughout the day.
- Have a glass of water at meals and snacks.
- Drink water before, during and after exercise. See the Hydration for Athletes section.
- Check to see whether your urine is a light pale yellow color; anything darker could indicate insufficient hydration.
- When you feel hungry, drink a glass of water first, as hunger can sometimes be confused for thirst.
- Forget to drink water? Search the App Store for a water reminder or schedule alerts on your phone.
- Try the infused water recipes at the end of this handout.



Hydration for Athletes

Why is hydration so important for physical activity? Some athletes can lose more than two liters of fluid per hour. Even a loss of 2% of body water can impair cognitive function and aerobic exercise performance.

Before Physical Activity

2–4 hours before physical activity: Stay hydrated enough to keep your urine color a pale yellow.

20–30 minutes before physical activity: Drink 8 oz. of water 20–30 minutes before the start of physical activity.

During Physical Activity

Hydration during physical activity depends on sweat rate, temperature, type of activity and other factors like humidity. The goal is to lose less than 2% of body water during exercise.

Most athletes should aim to drink 14–20 oz. of fluids per hour.

- *With prolonged activity or a greater sweat rate, some may require individualized hydration recommendations.*

continued >>



This health and wellness program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through this health and wellness program is for informational purposes only and is not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law and may be used to provide health and wellness recommendations as applicable. The health and wellness program is not an insurance program and may be discontinued at any time. © 2020 Optum, Inc. All rights reserved. 310493

Guidelines for rehydration electrolyte beverages include:

- For exercise lasting less than an hour, water is the preferred choice.
- For high intensity activity lasting longer than an hour, an electrolyte beverage containing sodium, potassium, calories and other electrolytes may help optimize hydration.

After Physical Activity

Aim to drink about 20 oz. for every pound lost during exercise.

- You can weigh yourself before and after physical activity to determine how much water weight you need to restore.

To aid in rehydration, liberalize sodium intake in the post-workout period.



Recipes for Infused Water

Want to jazz up your water intake? Infused water is a fun and easy way to enjoy every sip.

How to make infused water:

- Cut and wash some fresh fruit or veggies and herbs.
- Add ½–1 cup of fruit or veggies per quart of water. You can add more or less based on how intense or subtle you want the flavor to be.
- Soak for at least two hours in the fridge to let the flavors come out. The longer the ingredients soak, the more the flavor will develop.

Give these infused-water combinations a try.

- Cucumber-celery-mint
- Lemon-lime-grapefruit
- Mixed berry
- Watermelon-basil
- Mango-pineapple-strawberry
- Rosemary-raspberry
- Pineapple-jalapeño

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RDN professional experience