



Innovative
WORKPLACE WELLNESS

THE IMPORTANCE OF HYDRATION

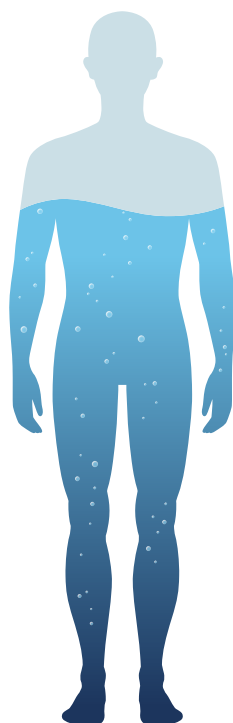
Wellness Tips

Proper hydration is extremely important to everyday life and essential body functions. Every system in the body depends on proper hydration to function. Water helps protect tissues and organs, helps improve mood and fatigue, assists with dissolving minerals and other nutrients, regulates body temperature, and carries oxygen to our cells. If you feel like you aren't consuming enough water, now is the perfect time to evaluate and make a change.

The human body is made up of approximately 60% water

Benefits of Water

- Aids digestion
- Helps flush out waste and toxins
- Reduces inflammation
- Regulates body temperature
- Lessens fatigue
- Improves mood



Signs/Symptoms of Dehydration

- Dry skin/eyes
- Headache
- Fatigue
- Muscle cramps
- Nausea
- Dark urine
- Increased heart rate
- Temperature fluctuations

How Hydrated Are You?

Use this simple guide to determine your level of hydration. The more hydrated you are, the lighter your urine will be in color. The more dehydrated you are, the darker your urine will be in color.

FULLY HYDRATED

HYDRATED

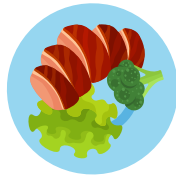
DEHYDRATED

VERY DEHYDRATED

6 Ways to Stay Hydrated



Always keep
water with you



Drink water before
and after meals



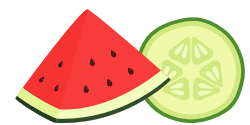
Track your
water intake



Start your day with a
glass of water



Flavor your water with lemons,
limes, or other fruit



Eat fresh fruits and vegetables
like watermelon or cucumbers

Myth vs Fact

Myth: You can't drink too much



Fact: It is actually possible to poison your body by drinking too much water. Drink no more than 1 liter of water per hour to avoid water intoxication.

Myth: Water makes you lose weight



Fact: Water will not actually make you lose body fat, although being well hydrated can keep you from mindlessly snacking when you are not hungry.

Myth: Drink 8 glasses each day



Fact: Hydration needs differ based on your activity level, age, and gender. To determine how much water to drink, multiply your weight by 2/3 and add 12 ounces for every 30 minutes that you work out.

Myth: Only water is hydrating



Fact: While water is calorie-free, any liquids and fluid-filled foods will hydrate your body.

#ibpwellnesstips
Healthier Together

Please note that this tip sheet is educational and not intended for diagnosis and/or treatment. Discuss any symptoms you have with a physician.