Did you know? drink WATER... helps balance bodily functions (organs, digestions, etc.). \blacktriangleright makes for health skin, hair, and nails! [>] "oils" the bones connect for smooth movements. \blacktriangleright helps the brain think and gives you energy!

prevents and reduces frequency of colds and flu!

Drink A Lot of Water AND?



O'Rourke, 2015





Water Daily Fluid Intake General Recommendations

Water Math!

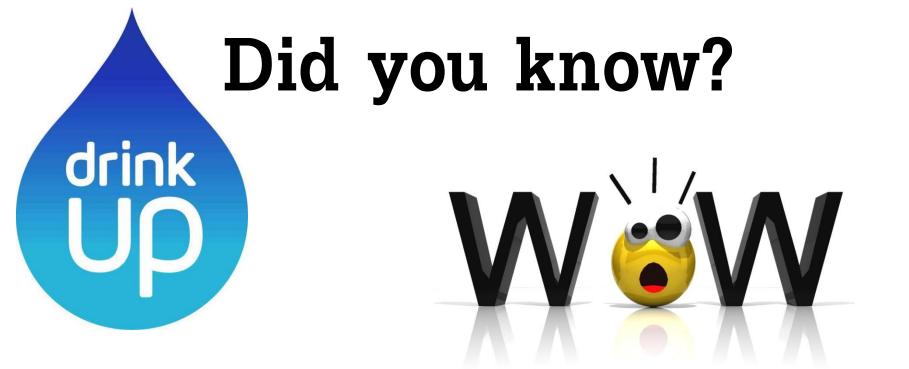
16.9 ounces in an average bottled water.



Ladies 91 ounces







 \succ The warmer it is, the more fluids needed.

 \blacktriangleright More physically active = more fluid needs

Vigorous exercise requires electrolyte replacement (coconut water is a great natural source of electrolytes!)

Dehydration [lack of water]

Lack of water causes...

Excessive Fatigue [makes you tired]

Dizziness and Lightheadedness

Increased chances of getting sick

Headaches

drink

Dry Mouth

Muscle Weakness

Quick Hydration Check

OUICK

You're

Hydrated!

Skin with decreased turgor remains elevated after being pulled up and released

drink

Skin turgor is the skin's ability to change shape and return to normal (elasticity). The quicker the better! Skin turgor is a sign commonly used by health care workers to assess the degree of fluid loss or dehydration.

Slow or Stays UP...

Drink More Water!



Electrolytes? Fact or Fiction?







O'Rourke, 2015