



# Did you know?

## WATER...



- **helps balance bodily functions (organs, digestions, etc.).**
- **makes for health skin, hair, and nails!**
- **“oils” the bones connect for smooth movements.**
- **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*

# **PEE** A LOT!!!



# Water

## Daily Fluid Intake

### General Recommendations

Water Math!

16.9 ounces in an average bottled water.



**Ladies**  
**91 ounces**



**Gentlemen**  
**125 ounces**





# Did you know?



- **The warmer it is, the more fluids needed.**
- **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**
- **Dry Mouth**
- **Muscle Weakness**



# Quick Hydration Check



**QUICK**  
**You're**  
**Hydrated!**



**Slow or Stays UP...**  
**Drink More Water!**



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

**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.**





# Electrolytes?

## Fact or Fiction?

