WATER - the KEY to BETTER HEALTH!

Water provides health benefits for the whole body:

Water helps regulate body temperature.

Hydration has been linked to a lower frequency of confusion and prevents dehydration headaches.

> Water boosts skin health. Hydration has been shown

to quicken wound healing.

Water helps maintain blood pressure & delivers oxygen throughout the body.

Water helps protect the spinal cord & other sensitive tissues.

Water helps dissolve minerals & nutrients.

Hydration helps prevent UTI's and constipation. Water flushes out waste products & prevents kidney damage.

Water keeps joints well lubricated for easier movement.

Well hydrated older adults are found to have fewer falls.

How much water do you need?

Individual needs vary.* New research states that drinking water whenever you're thirsty is best!

How do you know you're well hydrated?

•You rarely feel thirsty

•Your urine is pale yellow or clear



Foods that hydrate

In addition to their micronutrient benefits, these foods are high in water content:

Grapes Watermelon Spinach Cucumber Tomatoes Lettuce Apples Peaches Zucchini Celery Watercress

> *The According to the National Academy of Sciences, Engineering and Medicine, the average recommended daily intake is 2.7 L (11.5 cups) for women & 3.7 L (15.5 cups) for men. The amount you need may vary depending on your activity level, where you live, if you're pregnant or breastfeeding and/or your current health condition.

The human body is approximately 60% water!

TIPS to stay hydrated

- Carry around a water bottle and refill it throughout the day.
- Drink a glass of water before each meal.
- Serve water with meals.
- Add lemon or lime to water.
- Drink milk, herbal tea or bubbly water to mix it up!

If you are sweating a lot (from work or exercise) ensure you are adding electrolytes to avoid water intoxication (hyponatremia).



For more health and wellness information visit https://msuextension.org/wellness or contact Dr. Michelle Grocke-Dewey, MSU Extension Health & Wellness specialist, at 406-994-4711or michelle.grocke@montana.edu.

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