



Are You Staying Hydrated?

Our bodies depend on water for survival. Water is essential for removing waste; controlling body temperature, heart rate, and blood pressure; and maintaining a healthy metabolism. Did you know you could tell how hydrated you are based on the color of your urine? Use this chart below to help determine how much water you should be drinking.



You are most likely well hydrated. Continue to drink water regularly.



Still doing OK but you could probably stand to drink a small glass of water.



Drink about a ½ bottle of water within the next hour or a full bottle if you are outside and sweating.



Drink about a ½ bottle of water right now or a full bottle if you are outside and sweating.



Drink 2 bottles of water right now. If your urine is darker than this and/or red or brown then see a doctor.

How much water should you be drinking? You have probably heard the rule of drinking eight-8 ounce glasses of water per day but another rule of thumb is to take your weight and divide by 2. The total should be the number of ounces you drink daily. Drink up!

