Avoid Dehydration and Drink More Water!

Symptoms of dehydration include:
- Tiredness
- Lack of energy
- Dry mouth
- Headache
- Dizziness
- Dry skin
- Constipation
- Increased thirst
- Decreased urine output

How much water should you drink every day?
- Men: 13 cups of water (104 fluid ounces)
- Women: 9 cups of water (72 fluid ounces)

Why drink more water?
- Drinking water helps maintain the balance of body fluids
- Water can help control calories
- Water helps energize muscles
- Water helps keep skin looking good
- Water helps to lower stress
- Water helps maintain normal bowel function