



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