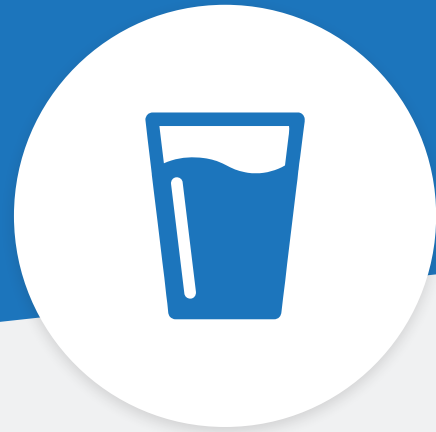


Your body needs fluids to survive and function at its best.



More than half of your body weight comes from water. Your body naturally loses water every day, so it's important to drink water to replace what is lost. Not replacing water loss can lead to dehydration.

Signs of dehydration:

- Hunger
- Dry mouth
- Sleepiness or fatigue
- Extreme thirst
- Headache
- Confusion
- Dizziness or feeling lightheaded
- Decrease in amount of urine

Don't wait until you are dehydrated. Drink water throughout the day to avoid these symptoms.







**Learn more about
your wellness center
and how we can
support your health.**

How much water should you drink each day?

It depends. Different people need different amounts, which can range from about nine to 13 cups of water a day. The right amount for you depends on many factors. Your body also gets some fluid from foods.

Choose water more often than other kinds of drinks. For variety, you can drink carbonated or flavored water, sports drinks, fruit or vegetable juice, milk or tea. Check labels for calories, added sugars, sodium or caffeine.

Tips for staying hydrated:

-  Keep a refillable water bottle with you during the day.
-  Boost the flavor of plain water by adding lemon or lime juice.
-  Drink water before, during and after activity or exercise.
-  When you feel hungry, try drinking water and see if you feel satisfied. Thirst is often confused with hunger.

The Wellness Center
Operated by **Premise Health.** 

Who can use these services?

The Wellness Center is available to all employees, regardless of medical plan.

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