



Importance of Hydration

Staying hydrated is a key component of maintaining a healthy weight and boosting energy and your immune system.

How much water should I drink each day?

2-2.5 liters per day, which is at least ½ gallon per day or half your body weight in ounces.

How can I tell if I am dehydrated?

Constipation	Headache
Dark yellow or brown urine	Increased thirst
Dry, sticky mouth	Muscle tiredness
Few or no tears when crying	Sleepiness or fatigue

What drinks count toward my water consumption?

While some drinks will support hydration such as tea, flavored water and milk; it is best to drink mostly pure water. Liquids that contain caffeine, like coffee, will potentially dehydrate you.

Try these simple Spa Water recipes so that staying hydrated is fun and flavorful!

Infuse 1 large pitcher of water with the following:

- **Jalapeno Water:** 3-6 whole jalapeno peppers
Tip: If you want the water spicier, slice the peppers down the middle to expose the seeds/ribs
- **Cucumber and Lime:** Sliced cucumber and 1 sliced lime (optional – add handful of mint)
- **Cinnamon Water:** 1 cinnamon stick
Tip: Simmer the cinnamon stick and water before cooling. This will give the cinnamon water a blush-like color!
- **Lime Water:** 1 lime sliced + juice of 1 lime
- **Strawberry Kiwi:** 1 handful each of sliced strawberries and kiwi or try mango
- **Orange Basil:** add 1 sliced orange and several leaves of basil or try mint
- **Honeydew, Lime, and Mint:** 1 cup diced honeydew, 1 sliced lime, a few leaves of mint

Essential Oils can be added to warm and cold water. The benefits are significant. Common oils that are used for increasing flavor: wild orange, lemon, grapefruit and peppermint.

Track your water intake for a week:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday