

May Topic: Physical Fitness

Hydrate to be Healthy

Whether you are a service member, beneficiary, or government civilian, your main source of hydration should be water. As a nutrient, water is essential to life. You can survive for weeks without food, but you can only live for days without water. It helps replenish fluid loss, regulate temperature, protect organs, keep joints moving, transport other nutrients throughout your body, and eliminate waste.

Hydration Needs

The amount of water that your body needs is based on a variety of factors, two of which are body weight and physical activity. You must meet your hydration needs daily, because your body loses water through regular activities such as sweating, urinating, and breathing. Use the table below to identify your recommended daily hydration needs based on your body weight.

Body Weight	Ounces (oz) per Day
120 pounds	60-120 oz/day
150 pounds	75-150 oz/day
175 pounds	90-175 oz/day
200 pounds	100-200 oz/day
225 pounds	115-225 oz/day
250 pounds	125-250 oz/day

It is important to note that if you are thirsty, your body is already dehydrated. The best way to determine your hydration status is to evaluate your urine. Use the chart above to check the color of your urine and gauge your hydration needs. You may need to consume more fluids if your urine is approaching or in the dehydrated color ranges. Consult with a health care provider if you have concerns or are extremely dehydrated.



Presented by NHCH Health Promotion
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