

# WATER CONSUMPTION

## How Much Water Do You Need?

It depends on your size and weight, and also activity level and climate. In general, try to drink between 0.5—1 ounce of water for each pound you weigh. For example, if you weigh 150 pounds, drink 75-150 ounces of water per day. If you're in a hot climate and very active, you'd be on the higher end of that range; if you're in a cooler climate and mostly sedentary, you'd need less.

## Do a Quick Check!

Look in the bowl after you've gone to the bathroom. If your urine is clear or very light yellow and has little odor, you're well hydrated. The darker and more aromatic your urine, the more dehydrated you are. So drink up!

## Build Water Consumption by:

- Carry an insulated sports bottle with you and fill it up periodically.
- Keep a glass of water on your desk at work.
- Keep another glass next to your bed. Drink up first thing upon rising.
- Switch one glass of soda or cup of coffee for a glass of water.
- Drink small amounts throughout the day.

