

Hydration and Physical Health

Hydration is an important, yet often overlooked, aspect of our personal health. Many people don't drink enough healthy fluids regularly. It's time to give hydration the attention it deserves; check out these interesting facts!

Best times to hydrate



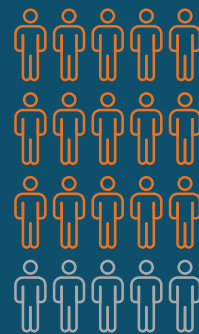
12 oz in the morning
can replenish your body and provide an energy boost



12 oz before meals
helps avoid confusion between thirst and hunger



Throughout the day
to improve metabolism and control cravings



75%

of Americans
are mildly
dehydrated
which can cause
fatigue and irritability



Adequate hydration
can boost your metabolism

SODA

is the **largest source**
of **added sugars and**
empty calories in the
typical American diet.

Choose **fruits and vegetables**
with a **high water percentage** to
supplement hydration:



Lettuce
96%



Tomato
95%



Watermelon
91%



Broccoli
89%



Carrots
87%



Apples
84%



GENERAL GUIDELINES:

Consume **8, 8-oz servings** of water per day.