8 Glasses Per Day
 Experts differ on the exact amount, but most agree that at least 8 glasses/day will get you covered.

More if You Exercise
 Remember that you lose water more rapidly with exercise through sweating and increased metabolism.

Drink Before You’re Thirsty
 Thirst provides a poor index of body water needs. Drink at regular intervals to avoid dehydration symptoms.

Where to Get More Water
 • Take a water break instead of a coffee break.
 • Keep a cup handy at your desk and in your car.
 • Eat more fruits and vegetables.
 • Keep the fridge stocked with cool water instead of colas or alcohol.

Dehydration Facts
 • Mild dehydration can slow your metabolism by 3%.
 • A glass of water at night halts most hunger pangs.
 • Lack of hydration is the primary driving force behind daytime fatigue.

*Living Well Health Manager powered by WebMD Program available to UT SELECT members- Employees, Retirees, Dependents, Surviving Spouses and COBRA participants.

Find more information on "Hydration" through www.webmdhealth.com/ut select “Health Topics” and type “Hydration”