

The Importance of Hydration



Your body of water

Roughly 60% of an adult's body is made up of water. At birth, water accounts for approximately 80% of a newborn's body weight.

| BRAIN | HEART | LUNGS | BONES |
|-------|-------|-------|-------|
| 75% | 75% | 83% | 31% |

Health benefits of water

- Gets rid of wastes through urination, perspiration, and bowel movements
- Keeps internal temperature normal
- Lubricates and cushions joints
- Protects sensitive tissues
- Lowers chance of stroke, diabetes, and cancers

How much water should you drink?

The amount of water you need depends on your weight and environment. Men should strive for 10–15 cups (80–120 fluid ounces) and women should aim for 8–12 cups (64–96 fluid ounces). Ideally, 80% of your daily hydration comes from liquids and 20% from food.

Your daily recommended amount of water might seem like a lot, but you don't have to drink it all. Almost everything you eat and drink provides some water. Foods with high water content include:

- Fruits like watermelon, strawberries, and grapefruit
- Vegetables like cucumber, lettuce, and zucchini

If you have certain medical conditions, you exercise, or you live in an area with hot or humid weather, be sure to increase your daily amount of water.

Ways to increase water intake



CARRY A REFILLABLE WATER BOTTLE



ADD A SPLASH OF FRUIT JUICE OR SLICES OF CITRUS, BERRIES, OR CUCUMBERS FOR A FLAVOR BOOST



TRY SELTZER OR SPARKLING WATER IF YOU CRAVE THE FIZZ

Call one of our health coaches at 1-877-878-8785 (option 2) or visit [bcbswny.com](https://www.bcbswny.com) for more information or questions about hydration.



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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.

Llame al 1-833-735-4515 (TTY 711).

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