

BENEFITS NEWS

July 2024

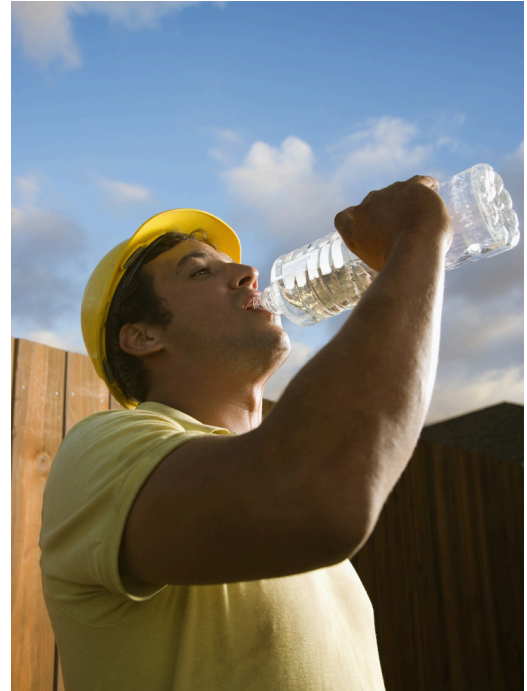
IMPORTANCE OF HYDRATION

Drinking enough water each day is crucial for many reasons: to regulate body temperature, keep joints lubricated, prevent infections, deliver nutrients to cells, and keep organs functioning properly. Being well-hydrated also improves sleep quality, cognition, and mood.

It is impossible to set a single requirement for how much water you need each day. The amount you need depends on how much you eat, what the weather is, and how active you are. So instead of setting an estimated average requirement for water, as it has been done with other nutrients, the Institute of Medicine has set an adequate intake of 125 ounces (about 15 cups) for men and 91 ounces for women (about 11 cups).

Benefits of hydration

- Water keeps your digestive system moving and avoid constipation.
- Water can help you lose weight by reducing the calories you eat. Try drinking a glass of water before each meal.
- Studies show that water helps those that suffer from migraines because the lack of fluids can trigger an episode.
- Staying hydrated with plenty of water can help dilute the concentration of minerals in your urinary tract and make kidney stones less likely.



The best sources of hydration:

- Water
- Sport replacement drinks
- Herbal teas
- Vegetable broth

Did you know?

- We can last up to six weeks without food, but only one week without water.
- Dehydration can often be mistaken for hunger.

For more information on hydration, click [here](#).

Text BENEFITS to 833-234-9576 to receive text messages regarding important Benefits information.
Questions on Benefits? Check out Powell's Benefit Web Portal, [EMPOWERED](#) or call the Powell Benefits Center at 1-855- 855-7610.