



# CareHere!

# Health Matters

## NEWSLETTER

JULY 2020

## WATER | STAYING HYDRATED

Adults are 60% water and it is 100% essential.

But do you really need to drink an ounce for every pound you weigh?

**You probably hear many different opinions about what is best for health. This month, we explore some common concepts to find out if what you hear is truth or myth.**

As July heats up, you may be wondering how much water to drink every day. Years ago, you may have heard the 8 x 8 Rule to drink eight 8-ounce glasses of water a day. Recently, the Ounce-Per-Pound Rule has become common. It says you need to drink an ounce of water for every pound you weigh.

**Proper hydration is important. We cannot survive long without any fluids. The specific amount that you need depends on:**

- Your gender and age
- Your activity levels
- The climate and temperature where you live
- Certain medical conditions or medications

The recommendations are more than the 8 x 8 Rule and less than the Ounce-Per-Pound Rule. According to the National Institutes of Health, healthy adult men should get about 125 ounces (15 cups) and adult women should get about 91 ounces (11 cups) of water a day. Women need more if pregnant (100 ounces) or breastfeeding (128 ounces).

The good news is you can get water from drinking fluids and from eating foods. Fruits and vegetables have more water in them than dried foods, grains, or meats.

### Stay hydrated with these tips:

- Drink when you are thirsty or hungry
- Eat an extra piece of fruit or serving of vegetables
- Include a glass of water every time you eat
- Drink more when you sweat
- Choose water instead of drinks with caffeine, sugar or alcohol
- Track your water with the CareHere App

### References:

1. <https://www.ncbi.nlm.nih.gov/books/NBK56068/table/summarytables.t4/>
2. <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/water/art-20044256>



Track your water intake  
with the CareHere App!

**If you struggle to drink enough water, CareHere can help.**

Connect with your Provider to find out how much water is right for you. Talk to a Health Coach to explore strategies to drink enough water. Contact us at 877.423.1330, with the CareHere app or at CareHere.com.