

Are You Drinking Enough?

The hot, humid days of August mean you need more water to stay hydrated. Are you drinking enough?

Staying well-hydrated may seem like a simple task, but you actually may not be consuming enough fluid. At minimum, the average adult should consume eight 8-ounce glasses of water or water-based beverages every day. But the actual amount you should consume is higher based on physical activity level, body muscle mass and exterior temperature.

Assess your intake of fluids by keeping track of how much water and water-based beverages you consume. In addition, count any frozen juice bars or icy treats. If your intake isn't where it should be, carry a bottle of water around with you, or switch to water instead of an afternoon soft drink.

Getting in the habit of drinking more fluids may take time, so increase your levels gradually and eventually you'll easily consume what you need.