



# Sip smarter— start with water

**Did you know drinking enough water every day is important for your overall health?**

Not drinking enough water can lead to dehydration, which can cause unclear thinking, mood changes, constipation, kidney stones, and the body to overheat. Consuming adequate water helps your body:

- Protect your spinal cord and other sensitive tissues
- Keep a normal temperature
- Lubricate and cushion joints
- Promote healthy digestion
- Maintain healthy skin
- Flush out toxins and waste
- Keep energy and focus



Water is your body's principal chemical component and makes up about **50% to 70% of your body weight**. Your body depends on water to survive. Every cell, tissue and organ in your body needs water to work properly.



Fluids can come from water, other drinks, and foods. **About 80% of your daily intake of fluids comes from drinks, and the rest comes from food.** Water is the best source, as it is sugar and caffeine-free. Add cucumber, lemon, lime, or berries to your water if you want some flavor. Replacing sugary drinks with water can help reduce caloric intake and support overall health.



**Daily water intake recommendations vary** by age, sex, pregnancy status, activity level, and breastfeeding status. You are getting enough if you rarely feel thirsty and your urine is colorless or light yellow.

Getting enough water every day is especially important when you are active and when it's hot outside, since your body loses more fluids through sweat.

**Keeping a refillable water bottle** with you is a great, affordable, and sustainable way to make hydration easy and automatic—helping you reach for water first whenever you're thirsty.

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HEALTHCARE

Sources:  
[CDC.gov/healthy-weight/growth/water-healthy-drinks/index.html#cdc\\_prevention\\_pre-meeting-your-water-intake-every-day](https://www.cdc.gov/healthy-weight/growth/water-healthy-drinks/index.html#cdc_prevention_pre-meeting-your-water-intake-every-day)

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**Right here. For you.**