



BlueCross BlueShield of Illinois



BlueResourceSM – Healthy Lifestyle – Drinking Water

Stay Hydrated with These Tips

Water is life. Your body is 60 percent H₂O. It regulates your body temperature, keeps your eyes and mouth moist, eases your joints, protect your organs, nourishes cells and removes toxins. It can even boost fat-burning. Women need to drink at least 11.5 cups each day. Men need 15.5 cups. Here's how:

- Keep a pitcher of water in your refrigerator at all times
- Add refreshing flavor with berries or slices of citrus fruits
- Drink a bottle of water during your commute to work
- Carry a reusable water bottle with you at all times
- Knock back a glass of water before each meal
- Set an alarm to remind you to drink
- Use a smart water bottle and app to keep you on track



Give your body the essential water it needs.

Sources: *Water: Essential to Your Body.* Mayo Clinic. 2020.

Are You Struggling to Drink Enough Water Daily? Mayo Clinic. 2017.

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