Hydration Apps
Water Your Body
(Android & Apple)
Waterlogged
(Apple)
Plant Nanny
(Android & Apple)
AquaReminder
(Android)

DID YOU KNOW?
Most FGCU water fountains are equipped with spigots for larger bottles of water. Bring your reusable water bottle to campus and stay hydrated all day long!

WELLNESS TIP
Next time you give blood, make sure to drink water beforehand. Hydration causes blood to flow faster, which means you’ll be done sooner!

Question of the Month
Name one building that has a hydration station for refillable water bottles.
Email Diane at dodeh@fgcu.edu with the correct answer to enter into a drawing for: $10 of Eagle Dollars!

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This Month’s Author: Diane Odeh

Hydration: Not Just 8 Cups A Day

The month of June brings many things: trips to the beach, high temperatures, and the first official day of Summer. Although Florida is a fantastic place to enjoy sunshine, extreme heat levels can have a negative impact on your hydration. Symptoms of dehydration include headache, dizziness, and tiredness. In extreme cases, dehydration can lead to a coma. Although there is an old adage that touts drinking 8 glasses a day to remain well-hydrated, several factors can affect how much water you need to drink, such as: daily amount of exercise, extreme temperature, medication and caffeine intake, and your weight.

How To Tell If “Urine” Hydration Trouble

One of the easiest ways to gauge your hydration status is by analyzing the color of your urine. Use this guide to see how hydrated you really are:

(CLEAR) You’re drinking too much water. Try to cut back.
PALE YELLOW You are healthy and well-hydrated.
CLEAR YELLOW Your hydration is normal.
DARK YELLOW You are normal, but should drink water soon.
AMBER Your body needs more water. Drink some immediately.
DARK BROWN You could be suffering from severe hydration.

Why Does Hydration Really Matter?

At first glance, it might be hard to see why hydration is so important to your entire health. It affects more areas of your body than you think, such as:

Heart Health — Water helps keep oxygen flowing freely throughout your body and makes your heart pump less.
Body Temperature — Hydration expands your blood vessels which makes you release heat.
Muscle Health — Water removes waste from your muscles and helps you perform better.
Brain Health — Hydration improves brain function, which improves thinking and calms anxiety.
Kidney Health — Water helps your kidneys filter toxins out of your body.