



Drink up

Let's talk hydration

Drinking water has many benefits:



It helps keep you cool and regulates your body's temperature.



It removes waste products from your body.



It protects your spinal cord.



It cushions your joints.

How much?

You've probably heard the advice, "Drink eight 8-ounce glasses of water a day." That's easy to remember. And it's a reasonable goal.

Fewer than 8 glasses might be fine for some people. And some will need to drink more. How much you need depends on your situation. You'll need to drink more when you're physically active. Or if you live in a hot climate and need to replace water you're losing through sweat.

Easy ways to get more water:

1

Take a water bottle with you

when you're away from home. You can freeze one to have ice-cold water on the go.



2

Choose water

instead of sugar-sweetened drinks. Drinking water instead of one 20-ounce sugar-sweetened drink can save you 240 calories.



3

Order water

when you're eating out. Try adding a slice of lemon or lime for a burst of flavor.



4

Eat some fruit

they're full of water.¹

- Watermelon – up to 91%
- Strawberries – up to 91%
- Grapefruit – up to 91%
- Cantaloupe – up to 90%
- Pineapple – up to 86%



¹Available at: [MyFoodData.com/articles/fruits-high-in-water.php](https://myfooddata.com/articles/fruits-high-in-water.php).

Aetna is the brand name used for products and services provided by one or more of the Aetna group of companies, including Aetna Life Insurance Company and its affiliates (Aetna). This material is for information only and is not an offer or invitation to contract. Health benefits and health insurance plans contain exclusions and limitations. Providers are independent contractors and are not agents of Aetna. Provider participation may change without notice. Refer to [Aetna.com](https://www.aetna.com) for more information about Aetna® plans.