

COMPLETE HYDRATION GUIDE

By RTB Spa

DAILY HYDRATION REQUIREMENTS

Basic Daily Water Needs:

- Women: 11.5 cups (2.7 liters) of total fluids
- Men: 15.5 cups (3.7 liters) of total fluids
- Athletes: Add 16-24 oz (2-3 cups) for every hour of exercise
- Pregnant women: Additional 1-1.5 cups daily
- Breastfeeding women: Additional 4-6 cups daily

CALCULATING YOUR PERSONAL HYDRATION NEEDS

Basic Formula Methods:

1. Body Weight Method:

- Take your weight in pounds and divide by 2
- This gives you the number of ounces you should drink daily

Example: $150 \text{ lbs} \div 2 = 75 \text{ oz}$ of water daily (about 9 cups)

2. Activity Level Adjustments:

- Sedentary: Basic calculation
- Moderate activity: Add 12 oz per 30 minutes of exercise
- Intense activity: Add 24 oz per 30 minutes of exercise

3. Climate Adjustments:

- Hot/humid climate: Add 2-4 cups
- High altitude: Add 3-4 cups
- Air-conditioned environments: Add 1-2 cups

SIGNS OF DEHYDRATION

Mild to Moderate:

- Thirst
- Dark yellow urine
- Dry mouth
- Fatigue
- Decreased urination
- Headache

Severe:

- Dizziness
- Rapid heartbeat
- Rapid breathing
- Confusion
- Very dark urine or no urination

HYDRATION ALTERNATIVES FOR WATER-AVERSE INDIVIDUALS

Hydrating Foods (90%+ water content):

1. Cucumber (96% water)
 - 1 cup = 8.3 oz water equivalent
2. Watermelon (92% water)

- 1 cup = 7.9 oz water equivalent

3. Strawberries (91% water)

- 1 cup = 7.8 oz water equivalent

4. Cantaloupe (90% water)

- 1 cup = 7.7 oz water equivalent

5. Peaches (89% water)

- 1 cup = 7.6 oz water equivalent

Beverages Alternatives:

1. Herbal Teas (caffeine-free)

- Count 100% toward daily intake
- Try: Chamomile, Mint, Fruit teas

2. Flavored Water Ideas:

- Cucumber + mint
- Lemon + lime
- Berries + basil
- Orange + rosemary
- Watermelon + mint

3. Coconut Water

- Natural electrolytes
- 1 cup = 8 oz water equivalent

4. Sparkling Water

- Count 100% toward daily intake
- Try with:

- Fresh fruit
- Natural flavor drops
- Fresh herbs

5. Fruit-Infused Water Recipes:

Classic Citrus

- 2 lemon slices
- 2 lime slices
- 2 orange slices
- 1 pitcher water

Let steep for 2-4 hours

Berry Blast

- 6 strawberries
- 6 raspberries
- 4 blackberries
- 1 pitcher water

Let steep for 2-4 hours

Spa Water

- 5 cucumber slices
- 3 mint sprigs
- 1 pitcher water

Let steep for 1-2 hours

TIPS FOR INCREASING WATER INTAKE

1. Time-Based Reminders:

- Drink 2 cups upon waking
- 1 cup before each meal
- 1 cup between meals
- 1 cup before bed

2. Technology Aids:

- Use hydration tracking apps
- Set phone reminders
- Smart water bottles

3. Visual Cues:

- Mark times on your water bottle
- Keep water visible at your desk
- Use a marked pitcher for daily goals

4. Routine Integration:

- Drink before every bathroom break
- Sip water during meetings
- Take water breaks during exercise

SPECIAL CONSIDERATIONS

1. Exercise Hydration:

- 2-3 hours before: 16-24 oz
- 15 minutes before: 8-16 oz

- Every 15 minutes during: 4-8 oz
- After exercise: 16-24 oz

2. Climate Adjustments:

- Hot weather: Increase intake by 25%
- Humid conditions: Increase by 20%
- Air travel: 8 oz per hour of flight

3. Health Conditions:

- Consult healthcare provider if you have:
 - Kidney problems
 - Heart conditions
 - Electrolyte imbalances

Remember: Listen to your body and adjust intake based on:

- Thirst levels
- Urine color (aim for light yellow)
- Energy levels
- Climate conditions
- Activity level

For personalized hydration advice and wellness consultation, contact RTB Spa:

Phone: 713-322-6640

Email: sma@rtbspa.com

Website: www.rtbspa.com

Address: 14511 Old Katy Rd, Suite 232, Houston, TX 77079