Most adults need about 8 cups of fluid per day, just 64 ounces or about a half-gallon.

Here are tips to help you get what you need:

- Carry a water bottle and keep it visible when sitting in class or studying to remind you to drink often!
- Check out the flavor boosters below to make your water more fun.
- Limit caffeine and alcohol which can be dehydrating. Also limit high sugar drinks as the fluid cannot be used as efficiently by the body (and they are high in calories).
- Consume sports drinks only when needed (if sweating heavily during physical activity that lasts for more than an hour) as they are high in sodium which most people don’t need.
- Find healthier alternatives to your favorite beverage at: [http://www.betterbeveragefinder.org/](http://www.betterbeveragefinder.org/)

### 10 Flavor Boosters for Water

- Slice lemons, limes, oranges or cucumbers and float in a pitcher of water.
- Make decaffeinated or herb tea (hot or iced).
- Crush fresh mint or other fresh herbs into a cup or pitcher of water.
- Float cinnamon sticks in a pitcher of water or add a single stick to a water bottle.
- Stir a teaspoon of honey into your cup of water, try it warm for a soothing drink.
- Smash a cup of berries into a pitcher of water (single flavor or mixed, fresh or frozen).
- Slice fresh ginger into water – adds some zing.
- Pour a small amount of pomegranate, cranberry, tart cherry, lemon, lime or orange juice into water – adds color and some tang.
- Try chia seeds in water.
- Add fizz by drinking club soda or seltzer water – or use these with any of the tips above!

More tips for hydration

[http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/FitnessBasics/Staying-Hydrated---Staying-Healthy_UCM_441180_Article.jsp](http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/FitnessBasics/Staying-Hydrated---Staying-Healthy_UCM_441180_Article.jsp)
Limeade Fizz

5 servings

Ingredients
1 cup frozen strawberries
½ cup frozen raspberries
½ cup lime juice
Artificial sweetener to taste
2 ½ cups seltzer water or club soda

Directions
- Puree the fruit, lime juice and sweetener in a blender or food processor until smooth.
- Pour ½ cup into a glass filled with ice and top with ½ cup seltzer or club soda.

(Note: pureed fruit mixture can be kept in the refrigerator for up to 1 week, but add the seltzer just before drinking).