

# Hydrate



The Institute of Medicine recommends a daily beverage intake of nine cups for women and 13 cups for men. If you exercise or are out in hot weather, you probably need more liquid. Sugary drinks do provide hydration but are loaded with calories, and carbonated or caffeinated beverages may not be absorbed as quickly by the body.

When in doubt,  
water is best.

# 9/13

## Buy the bottle

Carrying a reusable, BPA-free water bottle at work offers a good reminder to hydrate throughout the day. In terms of water quality, there's little difference between tap water and prepackaged bottled water, according to the Mayo Clinic.