

Hydration Beyond H2o

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We as [WellFit Professionals](#) know how important it is to stay hydrated. Our bodies are about 60 percent water, therefore, staying hydrated is essential! However, the common belief that the only way to stay hydrated is by drinking water is incorrect. There are many ways to stay hydrated besides simply drinking water.

Food

Almost all foods contain a percentage of water. Some foods are much higher than others in water percentage and those are the ones we recommend you eat to stay hydrated. Yogurt, oatmeal, watermelon, celery, strawberries, lettuce and other fresh fruits and vegetables are high in water percentage and great for you to eat to stay hydrated.

Other Drinks

Water isn't the only beverage that contains water. Shocker, right? Most beverages are some percentage of water. Fat-free or skim milk which has actually been shown to be better for recovery than sports drinks. Smoothies are a great choice as well because they combine your favorite flavors and you can add in fresh fruit. Sports drinks are known for have sugar and sodium which is good for after a workout for recovery. Coconut water is actually really good for you as it is low in carbohydrates while still being rich in potassium. Finally, coffee is actually not a dehydrator and has been shown to help hydration levels and boost athletic endurance and performance.

Finally, the question is always – how much water do we actually need? The amount varies from person to person. It depends on your gender, height, weight, body mass index, level of physical activity as well as the environment you live in. A good base amount is 8 cups, depending on body weight. Remember, about 20 percent of our water intake should be from our food, so that should be calculated in when you are thinking about how much water to drink.