

How much water do you need to drink?



Yeah, yeah ... 6 to 8 glasses of water a day.

But is that right for little kids? For all people? Active people? Athletes? Sedentary people?

We found that 6 to 8 glasses of water a day is only an estimate for an "average" adult.

1. What factors do you think you should consider to accurately calculate how much water you need a day?

The Mayo Clinic lists these rules for calculating your proper hydration according to your weight.

- Take your weight (in pounds) and divide that by 2.2.
- Multiply that number depending on your age.
 - By 40, if you're younger than 30.
 - By 35, if you're between 30 and 55.
 - And by 30 if you are older than 55.
- Divide that product by 28.3.

Your final answer is the number of ounces of water you should drink each day.

2. Use the Mayo Clinic's instructions to calculate how many ounces of water you should consume every day.
3. Write 3 equations (one for each of those age ranges) that would allow you to calculate the water need for each age range in only one equation instead of 3 steps that the Mayo suggests.

But there is more than just your weight that influences how much water you need to drink. The American College of Sports Medicine recommends adding 12 ounces of water to your daily intake for every 30 minutes of exercise that you do.

4. If you play soccer in a practice that lasts 1.5 hours, how much water should you add to your daily allotment?

5. If you exercise for "n" hours how might you calculate your added water need?

6. How might eating an entire family-sized bag of potato chips affect your need for water?

Caffeine, alcohol and some foods like pineapple, citrus fruits, and leafy greens act as diuretics. Diuretics are drugs or foods that cause your body to create more urine. This means that you will be excreting more fluid than normal and you will need to rehydrate more. Salty foods cause your body to retain fluids and you feel more thirsty than usual. You should always drink water to compensate for that need. (Potato chips - Yum!)

I have a 16-ounce water bottle that I carry with me when I'm outside walking or gardening.

7. If I'm working hard gardening for 2 hours, how many ounces of water should I plan to consume that day (I'm 70 years old and weigh 115 pounds)? Remember to account for my 2 hours of vigorous gardening.

8. What might be a formula for me that accounts for my weight (115 pounds) and 2 hours of exercise?

9. If I had to drink 6 bottles of my 16-oz water bottle to adequately meet my hydration needs, how long must I have worked outside?

Back to **YOUR** water needs ...

10. What size water bottle do you have?

11. How many bottles of water should you drink daily?

Source: <https://www.umssystem.edu/totalrewards/wellness/how-to-calculate-how-much-water-you-should-drink/>
<https://www.goodhousekeeping.com/health/diet-nutrition/a46956/how-much-water-should-i-drink/>
<https://www.webmd.com/parenting/features/healthy-beverages> - 1