

# Dive Into Proper Hydration Habits

(NAPS)—Cold weather prompts many people to stow the water bottle and by-pass the water cooler. You can't become dehydrated in the winter, right? Wrong! The heated air of homes and offices can dry the skin, and cold air depletes water from the lungs. In fact, depending on your weight and activity level—and especially if you drink beverages containing alcohol or caffeine—drinking eight glasses of water each day might not even be enough to keep you properly hydrated!

So where can you go for proper hydration facts? As part of its commitment to helping Americans create good water habits, Culligan, the water purification and filtration expert, is offering a number of hydration resources to consumers. Try visiting a special section on its Web site ([www.culligan.com](http://www.culligan.com)) entitled "Are You Gettin' Enough...Water?" In addition, order a free video and brochure on the benefits of proper hydration, either through its Web site or its toll-free hotline (1-800-CULLIGAN). All of these resources help consumers dive into proper hydration habits, and provide useful information and tips to follow any time of the year.

For example, here are a few of the hydration tips:



- **How much water should I drink?** While eight 8-ounce servings a day is a good start, your actual needs depend on your body size, activity level, and even the air temperature around you. Some experts, including the Mayo Clinic, suggest dividing your weight in half and using this number in ounces. Culligan's Web site ([www.culligan.com](http://www.culligan.com)) offers a hydration calculator to help you determine your specific water needs.

- **Drink hydrating beverages!** *Hydrating* beverages (water, milk, juice and decaffeinated soft drinks) can be undermined by *dehydrating* beverages (with caffeine or alcohol), which cause the body to actually *lose* water through increased urination. To ensure adequate hydration, drink an equal

amount of water for each beverage consumed with caffeine or alcohol.

- **Drink one or two 8-ounce glasses of water at the same time each day**, i.e., upon waking, after brushing your teeth, with meals, before and after a workout, and at bedtime.

- **Make your water more pleasing to consume.** Try chilling it and adding a slice of lemon or lime.

- **Improve your home water.** If you are dissatisfied with the smell or taste of your tap water, have your local health department, water utility, a state-certified testing laboratory or your Culligan dealer perform an in-home water quality analysis.

- **Make water easy, fun and economical to enjoy.** Offer a continuous supply of great-tasting water to all family members. Try having water delivered right to your home or office at a great value in either 5-gallon or 0.5 liter bottles. Or, if you want filtered water available throughout the home, have a reverse osmosis water filtration system professionally installed. Either way, your family will find it easy and fun to enjoy the taste of clean, refreshing water.

For more information or to order the free hydration video and brochure, visit [www.culligan.com](http://www.culligan.com).