The United States Department of Agriculture (USDA) recommends up to 91 ounces of water for women and up to 125 ounces for men. Water needs vary between individuals, so make sure you listen to your body. ([USDA Dietary Reference Intakes for water](https://www.dietaryreferenceintakes.org))

**Benefits of Staying Hydrated**
- Better skin
- Improved cognitive function and memory
- Aids in digestion
- Enhanced immune health

**Signs of Dehydration**
- Fatigue/dizziness
- Heart palpitations (spasms)
- Muscle cramps
- Constipation
- Severe thirst

**Did You Know?**
Water filters remove contaminants from tap water without removing naturally occurring minerals.

Source: USDA and Registered Dietician interns of Emory Healthcare.