

FOR IMMEDIATE RELEASE

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## Emotional Support Water Bottle

There's a joke around my office that you will never see me without my emotional support water bottle. It's true, wherever I go, my large metal water bottle, that's covered in stickers, is always in tow.

According to a [study](#) conducted in 2022, nearly 75% of Americans are chronically dehydrated. Dehydration is a common condition and can affect all ages. Water makes up 60% of your body weight and plays several vital roles; every system in your body depends on water to some degree. Water regulates body temperature, moistens tissues, helps flush out waste, protects organs, lubricates joints, and carries nutrients to cells.

During the summer months, the heat and humidity are no joke in Southeast Kansas. It is vital that you are staying hydrated with **at least** 8 cups of water a day. This number will need to be increased if you are engaging in physical activity.

Here are three tips to make sure you stay hydrated this summer:

- **Make drinking water a habit-** Drink water when you wake up, eat a meal, and throughout the day. You can try keeping a tally of how many cups you drink each day!
- **Carry a water bottle with you wherever you go-** Get yourself a water bottle! It does not need to be fancy, but I find one with a handle easier to carry.
- **Don't wait to hydrate-** If you know you are going to be out in the sun all day, or doing a lot of physical activity, do not wait to hydrate after the fact. Drink water before, during, and after!

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