PHYSICAL THERAPY
RESTORING FUNCTION ONE PATIENT AT A TIME
805 N Richmond Street, #103,
Fleetwood, PA

Christopher S. Gordos, DPT
Eric A. Parrish, MPT
p)610-944-8140
f)610-944-8190
imgpt@imgpc.com
www.imgpt.com

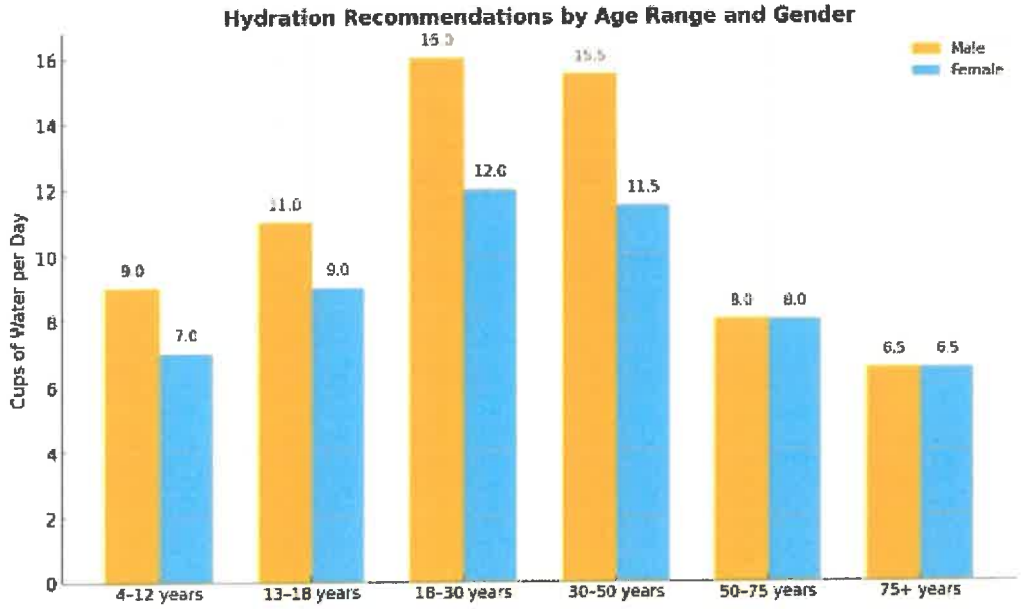
Do I really need 8 cups of water per day?

Your guide to hydration, electrolytes, flavored waters, and more!

We have all heard that drinking more water is good for us - but how much is enough? Are my recommendations the same as yours? What about water with electrolytes, flavored water, and other beverages? How does that affect us? If you have ever had any of these questions, this may be for you!

What are the general guidelines? (per 8oz cups)

Note: recommendations may vary depending on activity level and other health factors.



Should I drink electrolytes?

Not necessarily. Athletes may drink electrolytes to replenish salts and minerals they sweat out while exercising. If you are initially in a hot environment for 90+ minutes or do not eat many fruits and vegetables, you may need the extra boost. Otherwise, plain water does the trick!

What is alkaline water? Should I drink it?

Alkaline water has a higher pH level (8-9) than regular drinking water (7) and contains minerals. Generally, drinking more than 1 gallon of alkaline water per day is too much. Also, if you have a kidney problem it is advised to avoid it. If you notice bloating, indigestion, confusion, or nausea, these are signs you are drinking too much of it. Those with acid reflux may benefit from it, but otherwise there is no evidence it is better than regular water or hydrates you more. It is also usually more expensive.

I know I need to drink more water but I just don't like it. What can I do?

One cheap way to make water more enjoyable is infusing it with fruit yourself. Beware of flavored waters that have added sugars. Sparkling water without added sugars is another way you can get more creative with your hydration. Be aware of citric acid as it can wear the enamel in your teeth down.

Does everything I drink aside from water count towards my recommended number?

Mostly, yes. Alcoholic beverages do not because they are diuretics. That is not the same for other caffeinated drinks such as coffee and tea because they have overall mild diuretic effects and do count towards the overall goal.

What is prehydration and why does it matter?

Prehydration means drinking fluids before activity so your body starts off hydrated instead of playing catch-up. It's especially helpful before exercise, long walks, or time spent outdoors in the heat. Aim to drink about 2-3 cups of water 2-3 hours before activity, and another 1 cup about 15-20 minutes before you start. Prehydrating helps maintain steady energy, supports heart rate and temperature control, reduces fatigue and dizziness, and can even improve endurance and focus during your workout or daily routine.

Hydration tips

1. Carry a reusable bottle
2. Drink water before meals
3. Pair hydration with routines
4. Eat water-rich foods (watermelon, cucumber, oranges, greens)
5. Use apps/reminders to stay on track

Myth	Fact
Everyone needs 8 cups/day	Needs vary by age, activity, and health.
Coffee and tea dehydrate you	For most adults, 3-5 cups of coffee or up to 6 cups of tea per day still contribute to your daily hydration.
Electrolyte drinks are always necessary	Only for 90+ min intense exercise or hot environments. Water works most of the time.
Clear urine = perfect hydration	Pale yellow is ideal. Clear often means too much water.
You can't drink too much water	Overhydration is rare but possible. Balance matters.



