Hydration
Health benefits of drinking water

- Nutrient absorption
- Flushes toxins from the body
- Improved muscle function
- Increased metabolism
- Joint cushioning
- Healthier skin and complexion

How much water should I drink?

9 to 12 8 oz. glasses per day

Click here for a hydration calculator!

(Sign in with your CCU ID)

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@livewellccu @ccufoodcrew
@wallypondccu @ccushore

Symptoms of dehydration

- Thirst
- Dry mouth/skin
- Fatigue
- Dizziness
- Headaches
- Confusion
- Urine color

Hydrated
Dehydrated
Extremely dehydrated

Contact us!
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