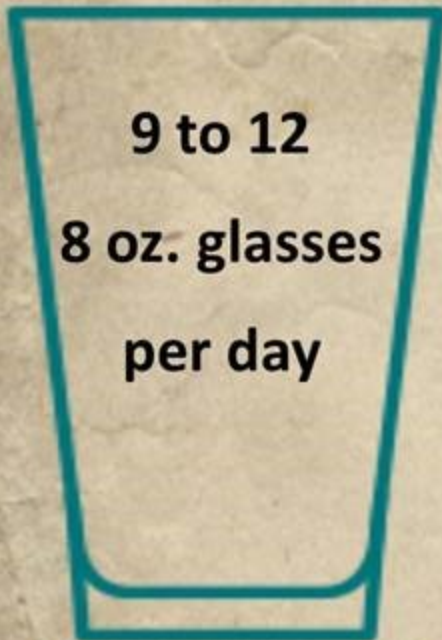


# Hydration

## Health benefits of drinking water

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

### How much water should I drink?



[Click here for a hydration calculator!](#)

(Sign in with your CCU ID)

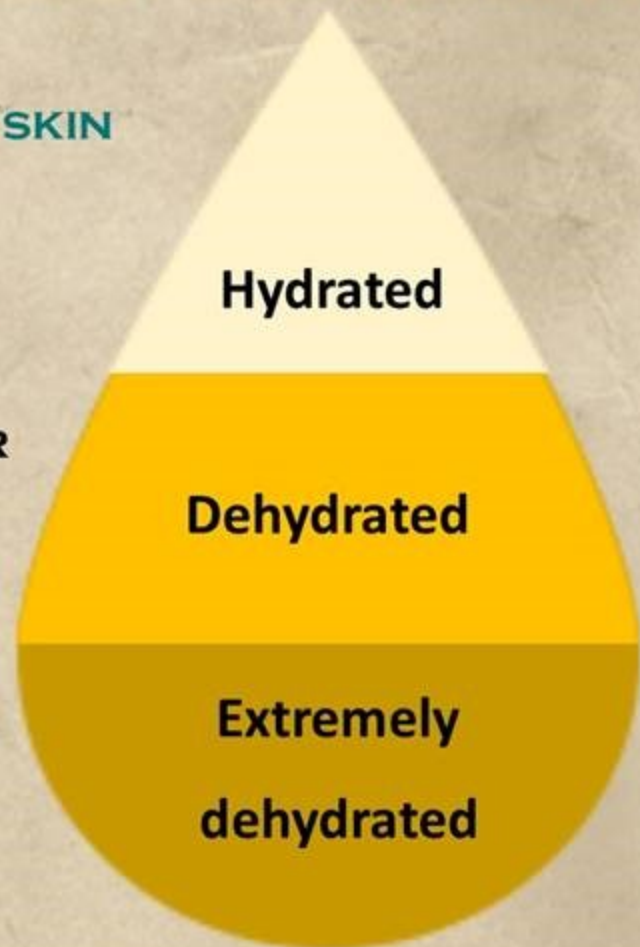
### Follow us on social media !



@livewellccu @ccufoodcrew  
@wallypondccu @ccushore

### SYMPTOMS OF DEHYDRATION

- THIRST
- DRY MOUTH/SKIN
- FATIGUE
- DIZZINESS
- HEADACHES
- CONFUSION
- URINE COLOR



### Contact us !

LiveWell Office  
LJSU B202  
livewell@coastaledu  
843-349-4031

