## Make Your Own Flavored Water

It’s easy to turn plain water into a tasty, inexpensive, and healthy beverage. Start with a two quart pitcher (glass is best) and use this basic recipe to create your own flavor combination.

- Two cups of fruit: berries, citrus, melon, pineapple, etc.
- A sprig of fresh herbs like mint, basil, rosemary, or lavender

Place selected ingredients in the pitcher and mash slightly with a wooden spoon. Add ice and fill with plain tap or filtered water. Refrigerate for up to three days.

**Suggested flavor combinations:**
- Cucumber, Cantaloupe, & Honeydew
- Raspberry & Lime
- Watermelon & Basil
- Blackberry & Sage
- Orange, Lemon, & Lime
- Pineapple & Mint

## Fill Your Own Water Bottle

**H₂O Filling Stations**

- ST: 1st floor
- CF: 2nd floor
- EA: 2nd floor
- Sports Center: 1st floor
- Heintz Center: HA & HB

Don’t have a reusable water bottle? RCTC Student Health Services is giving them away to students while supplies last. Stop by HS140 to claim yours.

## Drink to Your Health

If you’re feeling a bit sluggish or tired or if you have a dull headache, it may be because you’re dehydrated. Instead of reaching for a soda or a sports drink, drink a glass of water. It’s what your body really needs.

The human body is approximately 60 percent water and nearly all bodily functions – from regulating body temperature to lubricating joints to removing toxins and waste from the body - require water.

Most people need about 10-13 cups of fluid each day, but factors such as strenuous exercise, hot or humid weather, and illness can increase the daily need. Some foods that contain a lot of water, like tomatoes and watermelon, do count toward your daily intake. And while all beverages count toward the daily fluid total, be careful you’re not getting more than you bargained for with some beverages. Many contain sodium, calories, artificial sweeteners, and caffeine. Water is cheaper, calorie free, and readily available.

If the idea of counting cups every day sounds like a chore, here are some simple tips to make sure you drink enough water every day:

- Drink a glass of water before every meal. (This is also a great weight loss tip since you will likely feel full sooner and eat less.)
- Carry a water bottle with you and sip on it while in class, while studying, or even while watching a video.
- Drink water before, during, and after strenuous exercise. (Sports drinks are usually only needed if you are exercising strenuously for more than an hour.)
- Drink water after having a caffeinated or alcoholic beverage. Caffeine and alcohol are diuretics and can actually cause dehydration.

If you’re concerned about needing more bathroom breaks with all this water intake, relax. Once your body adjusts to being adequately hydrated, the frequency will lessen. Until then, sit back (or stand) and enjoy the latest issue of The Buzz. When you’re done here (and after you’ve washed your hands) grab some water and get busy rehydrating.

"Pure water is the world's first and foremost medicine."

~ Slovakian Proverb