Introduction: Physical activity and proper hydration status have a direct impact on health.

Objective: This work aims to analyze the water intake and hydration status in university women students who present different levels of physical activity.

Method: 57 university women students, age of 21.02 ± 2.45 years were classified according to Ipaq-Short Form in sedentary (n = 10), medium physical activity (n = 37) and high physical activity (n = 10). Water intake was analyzed in each group by a food and beverage intake record during a period of seven days, they were transformed into energy and nutrient intake by Nutriber (version 1.1.1.3r); and water percentage of the total body weight by bioimpedance (Segmental Tanita BF-418). Nonparametric Kruskal-Wallis test was used (SPSS 22.0 for Windows).

Results: Results showed significant differences between sedentary and medium physical activity groups (p < 0.05) and between sedentary and high physical activity groups (p <0.05). In both cases the sedentary group shows the higher body water percentage. According to the levels of physical activity, water intake has not shown significant differences among groups.

Conclusions: None of the groups drink the amount of water recommended for their age. Despite this, hydration is compatible with a normal intake and it is higher in the sedentary group than in those doing some physical activity.

Key words: percentage body water, water intake, physical activity.

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