

Why You Need Water in Your Life

About 60% of your body is made up of water.



Your blood is mostly water, as are your muscles, lungs, and brain.

You typically can't survive more than 3 days without fresh water.

3 days

Your body sends you delayed alerts when you need water, so when you start feeling thirsty, you're already dehydrated.

5 Great Reasons to Drink Water

1) Water keeps your kidneys functioning

Your kidneys have a big job of cleaning and ridding your body of toxins, water helps them get the job done



2) Water helps you keep your weight in check

Sometimes people mistake thirst for hunger, and thus end up consuming too many calories



3) Water helps keep your muscles moving

When exercising, your muscles lose water and stop working as well



4) Water keeps your skin looking good

your skin contains lots of water, and lack of it makes your skin look dry and wrinkled



5. Water helps you go poo poo

when you don't get enough fluids, your body pulls water from your poo to maintain hydration, and you end up constipated



TIPS

Drink water before every snack and meal (this helps to control your appetite too)

Drink a glass of water as soon as you wake up

If you don't like the taste of water, squeeze in some lime or lemon juice!

Drink some water every 30 mins

Eat more fruits and veggies (they have high water content)

Always have a bottle of water with you

60%

How Much to Drink?

3.7 litres

2.7 litres



1.9 litres

8 glasses is a myth

WHY Your Body Needs Water

- Carries nutrients to all the cells in your body
- Lubricates your joint
- Aids digestions
- Regulates body temperature
- Flushes out harmful toxins from your body

Beware of Over-hydrating

- There IS such a thing as too much water
- Although rare, over-hydration can lead to fatal condition called Hypernatremia (water intoxication)
- When you drink too much water too fast, your kidneys can't flush the excess water out and blood becomes waterlogged.

What to Drink?

- It doesn't always have to be just water
- Other fluids contribute to your daily fluid intake
- Fruit juice, milk, coffee, tea and soda are considered fluids
- Water is still best as it has ZERO calories

SOURCES

Only Health

<http://www.urmc.rochester.edu/encyclopedia/content.aspx?ContentTypeID=1&ContentID=1499>

<http://water.usgs.gov/edu/propertyyou.html>

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<http://www.livescience.com/32320-how-long-can-a-person-survive-without-water.html>

<http://www.nhs.uk/Conditions/dehydration/Pages/introduction.aspx>

http://americancollegeofnutrition.org/content/the-journal/content/26/suppl_5/S335.full

http://www.iom.edu/Home/Global/News%20Announcements/~/media/Files/Activity%20Files/Nutrition/DRIs/DRI_Electrolytes_Water.aspx

<http://www.scientificamerican.com/article/eight-glasses-water-per-day/>

When Do You Need More Water?

Environment:

hot and humid weather which makes you sweat

Sickness:

fevers, vomiting and diarrhoea makes your body lose fluids

Exercise:

when you sweat from physical activity

Pregnancy or breast-feeding:

additional fluids needed to stay hydrated