

# 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.

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



\* Note: colour may also be affected by medication and supplements like riboflavin and B vitamins

## Signs You're Dehydrated

Thirsty	Constipation
Pain in joints and muscles	Lethargic
Headaches	Weak & faint
Yellow urine (the darker, the more dehydrated)	
Lower back pain	

60%

## 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



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

Drink some water every 30 mins

Drink a glass of water as soon as you wake up

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

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

Always have a bottle of water with you

## How Much to Drink?



3.7 litres



2.7 litres



8 glasses is a myth

= 1.9 litres

## 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 Hyponatremia (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

## TIPS

## SOURCES

Only Health

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

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

<http://www.mayoclinic.org/healthy-living/nutrition-and-healthy-eating/in-depth/water/art-20044256>

<http://www.webmd.com/diet/features/6-reasons-to-drink-water>

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

[http://www.ion.edu/Home/Global/News%20Announcements/~media/Files/Activity%20Files/Nutrition/DRI/DRI\\_Electrolytes\\_Water.ashx](http://www.ion.edu/Home/Global/News%20Announcements/~media/Files/Activity%20Files/Nutrition/DRI/DRI_Electrolytes_Water.ashx)

<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