

THE IMPORTANCE OF WATER

HYDRATION IS A CRUCIAL PART OF NUTRITION. ABOUT 70% OF OUR TOTAL BODY WEIGHT IS WATER.

TRY TO DRINK WATER BEFORE YOU FEEL THIRSTY. AIM TO CONSUME ABOUT HALF YOUR BODY WEIGHT IN OUNCES OF WATER EACH DAY.



BENEFITS OF HYDRATION

- DISSOLVES MINERALS, PROTEINS, STARCH AND WATER SOLUBLE NUTRIENTS
- HELPS KIDNEYS FILTER WASTE OUT OF THE BODY
- CONTROLS BODY TEMPERATURE
- AIDS IN DIGESTION
- LUBRICATES JOINTS
- HYDRATES THE SKIN
- REDUCES BLOOD PRESSURE

SOURCES OF HYDRATION

THERE'S NO DOUBT THAT PURE WATER IS THE BEST SOURCE OF HYDRATION. HOWEVER, THERE ARE OTHER WAYS TO STAY HYDRATED.

- FRUIT/VEGGIE INFUSED WATER
- HERBAL TEA
- DECAF COFFEE
- FRUIT
- VEGGIES



DEHYDRATION

- YOUR BODY LOSES WATER THROUGH YOUR LUNGS WHEN YOU BREATHE
- CAFFEINE AND ALCOHOL CAUSE YOUR BODY TO EXCRETE WATER
- EFFECTS OF DEHYDRATION INCLUDE: INHIBITED IMMUNE FUNCTIONING, AGGRAVATED ALLERGIES, FATIGUE, HEADACHES, HYPERTENSION, AND MUSCLE PAIN

CAN YOU DRINK TOO MUCH WATER?

DRINK THROUGHOUT THE DAY RATHER THAN CONSUMING A LARGE AMOUNT OF WATER IN ONE SITTING.

ANYONE CAN CONSUME TOO MUCH OF A GOOD THING, INCLUDING WATER!

