

BENEFITS OF WATER: STAYING HYDRATED

Drinking water may be a challenge but it is critical to your health! Around 60% of the adult body is water and it needs to be replenished throughout the day. Water has many essential functions in the body. Staying hydrated helps us to look and feel our best!

Water's Essential Functions:

- Helps maintain the cellular function of every system in your body
- Carries nutrients and oxygen to all cells and helps eliminate toxins & waste
- Helps convert food into energy
- Protects and cushions vital organs and lubricates joints
- Regulates body temperature by sweating and respiration

The Importance of Water

Individual needs for water vary based on a number of factors such as age, body size, sweat-rate, temperature and humidity, medical conditions and physical activity. The Centers for Disease Control and Prevention reports that there is no recommendation for how much plain water adults and youth should drink daily. There are, however, recommendations for daily total water intake obtained from a variety of beverages and foods. The National Academy of Sciences guidelines say that an adequate daily fluid intake is about 15.5 cups (3.7 liters) of fluids for men and 11.5 cups (2.7 liters) of fluids a day for women.

According to the Centers for Disease Control, most healthy people meet their fluid needs by drinking when thirsty and drinking with meals. It's important to drink more in hot weather or after exercise. You're probably getting enough if your urine is pale and you rarely feel thirsty, although there are exceptions.

Fluid needs can be met through the water and beverages we drink, but also through the foods we eat such as soups and foods with high water content like fruits and vegetables.

Some tips to help you stay hydrated:

- Carry a water bottle or keep one in your workspace for easy access.
- Drink a glass of water before and after exercise.
- Take a drink of water between bites of food (this will help you slow down your eating which has added benefits).
- Avoid drinks with added sugars. If you don't like plain water, try adding a slice of lemon, lime, or cucumber; or try one of the many unsweetened carbonated waters on the market.
- Include foods that are a good source of fluid like fruits, vegetables, low sodium soups, etc.
- Sometimes thirst is mistaken for hunger. When you experience a craving, try drinking a glass of water or sip on a cup of tea to see if the urge goes away.

References and Resources:

<https://www.cdc.gov/healthywater/drinking/nutrition/>

<https://www.nutrition.gov/topics/basic-nutrition/water-hydration-and-health>

<https://www.cdc.gov/nutrition/data-statistics/plain-water-the-healthier-choice.html>