



Hydrate for Health!

Why Drink Water?

Our bodies are estimated to be about 60 to 70% water. Blood is mostly water, and our muscles, lungs, and brain all contain a lot of water. Our bodies need water to regulate body temperature and to provide the means for nutrients to travel to all our organs. Water also transports oxygen to our cells, removes waste, and protects our joints and organs.



How much water should you drink?

A good estimate is to take your body weight in pounds and divide that number in half. That gives you the number of ounces of water per day that you need to drink. For example, if you weigh 160 pounds, you should drink at least 80 ounces of water per day. If you are physically active you should drink another 8 ounce glass of water for every 20 minutes you are active. If you drink coffee or alcohol, you should drink at least an equal amount of water.

Health benefits of drinking water regularly:

- Improves your energy level.
- Regulates your metabolism.
- Increases mental and physical performance.
- Keeps skin healthy and glowing.
- Helps maintain your weight.
- Reduces headaches and dizziness.
- Aids in proper digestion.
- Regulates appetite.

Sometimes drinking enough water a day can be a real challenge. Here are some tips to help you accomplish that feat.

- Drink two glasses of water immediately after waking up.
- Have a glass of water at every transitional point of the day: just before leaving the house, when you sit down to work, before lunch, etc.
- Make it convenient—keep a big, plastic, insulated water bottle full on your desk and reach for it all day.
- When you have juice (apple, grape, or orange) fill half the glass with water.
- Substitute a cup of hot water with a drop of honey for tea or coffee.
- Freeze little bits of peeled lemons, limes, and oranges and use them in place of ice cubes.
- Drink two full glasses of water at each meal, one before and one after. Also, drink one glass before each snack.

Sources: NSW Multicultural Health Communication Service, www.health.nsw.gov.au; Mayo Foundation, www.mayoclinic.com/health/water/NU00283



