

Water: A Vital Resource for Your Health

Water is the most basic and natural of all consumable liquids, and by far the most important for one's health. Drinking an adequate amount of water can provide numerous health gains you wouldn't otherwise get.

Benefits of Water

Water is a natural cleanser that helps remove toxins and wastes through urination, perspiration, and bowel movements. It can

protect and lubricate sensitive tissue, including the spinal cord and skeletal joints, and it regulates your temperature thereby preventing dehydration, hot flashes, and heatstroke.

Why do I need to drink enough water each day?

Aside from the benefits listed above, your body needs water to make up for what is lost during day-to-day bodily activities. Sweating, urinating, and even breaking all result in water loss. If you don't make up this loss, you can suffer dehydration, which can be fatal.

Water intake is particularly important if you're living or operating in hot climates, are physically active, if you have a fever, and if you're experiencing diarrhea or vomiting.

Keep in mind that when you're exercising vigorously or doing something in a hot climate, it's important to drink before you feel thirsty, during your activity, and afterward too. Thirst signals that your body is on the way to dehydration, so be sure to prevent getting to that point – Healthy



hydration is always vital. Also note that some people may need to take in fewer fluids due to certain health problems, such as kidney disease. If your healthcare provider has told you to restrict your fluid intake, be sure to follow that advice.

Increasing Your Water Intake

Under normal conditions, most people can drink enough fluids to meet their water needs. If you are outside in hot weather for most of the day or doing vigorous activity, you may need to increase your fluid intake.

Carry a water bottle for easy access when you are at work or running errands. Freeze some freezer-safe water bottles. Take one with you for ice-cold water all day long. Choose water instead of sugar-sweetened beverages. This tip can also help with weight management. Substituting water for one 20-ounce sugar-sweetened soda will save you about 240 calories.

Choose water instead of other beverages when eating out. As a place, you will save money and reduce calories.

Give your water a little pizzazz by adding a wedge of lime or lemon. This may improve the taste, and you just might drink more water than you usually do.

Drink fewer beverages like non-diet sodas, some sports drinks, and many juices. While they do provide water, they also contain a lot of sugars or calories.

Learn more about the importance of water and how to meet your intake at <http://www.cdc.gov/healthywater/drinking/nutrition/index.html>

HIGHLIGHTS

The amount of water to drink varies: around eight 8-ounce glasses of fluid is the minimum, but it's better to drink thirteen for men, and nine for women. Make most of this fluid H₂O.

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