

# Water, water everywhere... but are you drinking enough of it?

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Have you noticed you can find water almost everywhere you go these days? This includes gyms, fast food restaurants and many offices. Some stores even offer a bottle of water to customers as they come through the front door.

Why? People realize just how vital water is to all of us. A store offers you water as a courtesy — and as a way to energize and revive you for shopping.

## What does water do for you?

Water is essential for feeling good and staying healthy. Being hydrated — having enough water in your body — helps regulate your energy and your body temperature.

Water helps your organs work properly. It removes waste from your system, keeps your appetite in check and helps control your body weight.

When you're dehydrated, you usually feel unwell. Some symptoms include dizziness, fatigue, dry mouth and excessive thirst. Do you know you could live for six weeks without food but only a few days without water?<sup>1</sup>

## Soft drinks aren't as good for you as water

You may love soda, but don't make the mistake of thinking it takes the place of good old H<sub>2</sub>O. There are some current theories that certain soft drinks may contribute to weight gain.<sup>2</sup>

Plus, soft drinks often contain caffeine — which is also found in coffee and chocolate. Caffeine dehydrates you. So sodas can't really do the job that water does when it comes to keeping you healthy.

## How much water do you need?

There's no one answer that fits everyone. It depends on your weight, age, health, what medicines you take, the amount of exercise you get and the climate where you live. As a general rule, many experts agree you should start with about eight 8-ounce glasses per day.

If you want to get advice about your water needs, ask your doctor or a nutritionist. There are also online tools that can help you judge how much water you need given your weight, lifestyle and environment.

Start a healthy habit by drinking plenty of water. You'll feel better for it!

<sup>1</sup>[www.intellihealth.com](http://www.intellihealth.com)

<sup>2</sup>[www.webmd.com](http://www.webmd.com)