

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

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

Why? People realize just how important 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. It 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 dehydration symptoms include dizziness, fatigue, dry mouth and excessive thirst. Do you know that you could live for six weeks without food but only a few days without water?¹

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 H₂O. There are some current theories that certain soft drinks may actually add to your weight.²

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 is no one answer that fits everyone. It depends on your weight, age, health, medicines you take, amount of exercise and climate where you live. As a general guideline, many experts agree that you should start with about eight 8 ounce glasses per day.³

If you want to get advice about your water requirements, ask your doctor or a nutritionist. There are also online calculators that can help you estimate how much water you need given your weight, lifestyle and environment. You can even do your own experiment by seeing how you feel with more or less water in your system.

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

¹www.intellihealth.com

²www.webmd.com

³www.mayoclinic.com