

Drink Water for Health!

Why do we need Water?

Water is a part of every body cell, tissue, organ, and body process, and is important in these body functions:

- regulates your body temperature
- removes wastes from the body
- carries nutrients, oxygen and glucose to the cells to give you energy
- provides natural moisture to skin and other tissues
- cushions joints and helps strengthen muscles
- keeps your stools softer

What are the signs of dehydration?

You are more likely to become dehydrated during cold or hot weather, in summer or in winter, during physical activity, and even when traveling on an airplane. Since the brain is 75% water, it is understandable that early symptoms of dehydration include decreased energy or fatigue, headaches, and dizziness.

Other symptoms of inadequate water intake are:

- dry lips, mouth, skin
- nausea
- dark-colored urine or infrequent urination
- constipation
- increased body temperature or labored breathing

Are you getting enough water?

When you wait until you are thirsty, you are already dehydrated and may have lost $\frac{1}{2}$ - 1 quart of water. It is important to drink before you become thirsty! Caffeinated and sweetened drinks are not part of the solution because they can contribute to dehydration. Water works best!

To determine the minimum ounces of fluid needed daily:

- for adults or children weight over 100 pounds: divide your weight (in pounds) in half
- Children weighing less than 100 pounds have special fluid needs and this formula may not be appropriate

Tips to make sure you are drinking enough water:

√If you are home for most of the day, fill a container each morning with your water for the day. Use it to drink, make juice or tea. When the container is empty, then you have met your goal for the day.

√Measure the amount of water in your usual glass or bottle. Most hold more than 8 ounces.

√If you are away from home for most of the day, fill 3-4, 16 ounce to 24 ounce bottles with your fluid needs for the day. Make sure you drink at least 2 of them by 1:00 or 2:00 in the afternoon.

√Keep single serving sized bottled water in your car, backpack or desk.

√Develop a "hydration" habit - a glass of water when you wake up, one at each meal, and one at bedtime.

√To help the rest of the family develop a hydration habit, serve glasses or a pitcher of water at each meal.

√Check your urine. It should be clear to pale yellow in color. You should urinate every 2 to 3 hours during the day.