

Why is it important to drink *Water?*

Did You Know . . .



- When your body is working hard to fight a cold, you use more water!
- Milk, juice, sports drinks, and even food contribute to your daily water consumption!
- Beverages with caffeine (coffee & soda) and alcohol actually make your body lose more water!
- Your body is almost 2/3 water!
- Losing “water weight”/fluid loss can actually slow down your metabolic rate and possibly make it harder to lose weight!
- Your fluid needs increase if you exercise and if you’re in a hot climate like Florida!
- You lose 8 ounces of water for every hour you’re in the air on an airplane!
- Small children & seniors dehydrate faster than adults.
- Older adults tend to lose their thirst mechanism, and sometimes forget to drink water.
- Dehydration can cause a host of ills like headaches, fatigue, & constipation.
- Water is an awesome dieting tool – filling but calorie free!



What Does Water Do for Your Body?

Water carries away waste,
And helps to carry
medicines to the proper
places in the body.



Water hydrates your
skin, helping to keep
your skin looking
young & healthy!



Water helps to
regulate your
body’s
temperature.

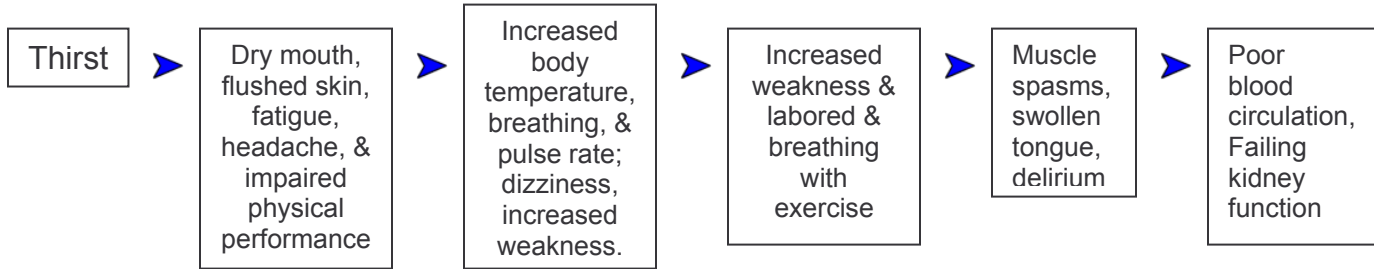
Water moistens your
eyes, mouth, & nose.

Water helps to
cushion your
baby’s ride
when
you are
pregnant.

Water helps to prevent
cramping & fatigue
during exercise.

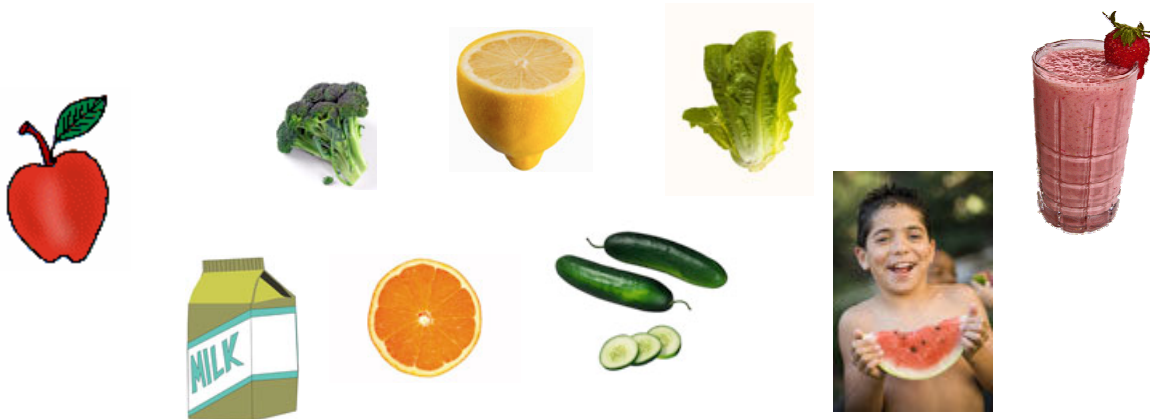


Progressive Signs of Dehydration:



Many Foods & Beverages are made up of >75% water!

These foods count toward your daily intake of water.



Tips for Adding Water to Your Day:



- ✓ Begin meals with a cup of soup
- ✓ Take water breaks instead of coffee breaks
- ✓ Carry a bottle of water around with you
- ✓ Drink water before, during, & after activity
- ✓ Try flavored water instead of soda
- ✓ Switch to decaf tea/coffee
- ✓ Take a sip at each water foundation you see

