

# Why is water so important?



## Function of Water:

- Water acts as a lubricant that bathes every tissue and cell of the body to keep it running smooth!
- It is a transport medium for nutrients, hormones, oxygen, drugs and more!
- It helps to remove waste out of the body!
- It keeps our metabolism running and helps in producing energy!
- It regulates our body temperature!
- Helps to prevent constipation!
- Helps to dissolve nutrients to make them accessible to the body!
- Protects body tissue and organs!
- Moistens tissue such as mouth, throat and eyes!
- Keeps your blood pressure in check as it is a important component of our blood!
- Helps to maintain or reach a healthy weight!

## Tips & Tricks to add more WATER:

- Start the day with a glass of water before doing anything else
- Carry a water bottle with you whenever possible.
- Make water more interesting by adding fruits, vegetables and herbs like slices of lemons and oranges, strawberries, mint, cucumber, etc.
- Make it fun by having your own awesome bottle
- Take water breaks! (set a timer/alarm)
- Keep track!
- Drink a glass with each meal
- Make it a habit
- If you like it cool, get yourself an insulated cup!



## How much WATER do I need daily?

There are several rules out there such as half your body weight in ounces or "8x8" which means 8 x 8oz glasses of water a day. These recommendations are good guidelines to follow, however pay attention to all the factors that may influence your water needs for the day.

## What influences my WATER needs?

- **Exercising**, if you lose water because you sweat you should make up for that. For short bouts of exercise, 400-600ml more is a good guideline.
- **Intense Exercising**, during long bouts of exercising you may want to use water that contains sodium/sport drinks.
- **Environment**, hot and humid weather (HOUSTON!) or altitudes greater than 8,200feet requires additional fluid.
- **Illness or health conditions**, when you have fever, vomiting, diarrhea your body loses more fluids and you may need more water.
- **Pregnancy or breast-feeding**, you probably need more water. The institute of Medicine recommends 10 cups of water for pregnant women and 13 cups while breast-feeding.

**..by the way.....Coffee, Juice, Soda ...do NOT count towards your water intake....!**