

Water

Water is a precious liquid that is crucial to our health and plays a role in nearly every major body function.

60% of the body weight is water

Water regulates the body temperature

Carries nutrients and oxygen to cells via the bloodstream

Helps carry away waste through the intestines

Every system in our body depends on water:

Skin

Lungs

Heart

Kidneys

Digestive System

Lack of water can lead to dehydration; this is a condition that occurs when you do not have enough water in your body to carry on normal functions. The signs and symptoms of dehydration are excessive thirst, fatigue, dry mouth, little or no urination, muscle weakness, dizziness, and light headaches. Every day we lose water through sweating, noticeable and unnoticeable, through exhaling, urinating and bowel movements.

It is important to drink water on a regular basis. We need water **BEFORE, DURING** and **AFTER** exercising.

Our body needs more water when weather is too hot or humid and during the cold temperatures because the body temperature decrease and we need to

replace what we lost sweating.

Drink more water, your body will appreciate it!

Cheers to your health with the Best Drink for Everyone!

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