



## Maintain Good Health: Drink Water

Did you know that your body is 60 percent water? Your body depends on water to regulate your body temperature, remove waste, protect your joints and organs, flush out toxins, and transport oxygen to your cells.

You lose up to 80 ounces of water every day through sweat, urination and respiration. To replace the loss of water, you should drink at least eight 8-ounce glasses of water a day. The amount of water you need depends on factors such as your health, how active you are, and the climate where you live. If your body doesn't have enough water, you can become dehydrated, and your body won't be able to carry out normal functions.

### **To ensure that your body has the fluids it needs, consider the following:**

- Drink water before, during and after exercise
- Drink water with each meal and in between meals
- Substitute sparkling water for alcoholic beverages
- If you drink alcohol, drink an equal amount of water
- When traveling by airplane, drink an eight-ounce glass of water for each hour you are onboard

### **Signs of dehydration include the following:**

- Chronic joint and muscle pain
- Lower back pain
- Headaches
- Constipation
- Strong urine odor
- Thirst

*Are you drinking enough water?*

If you rarely feel thirsty and you produce more than six cups of colorless urine per day, chances are that you're drinking enough water.

# Wellness