

wellness

WATER

Water, Water Everywhere: Why It's Good to Drink

With all the great choices in soda pop, juices and flavored sports drinks, why would you choose water to quench your thirst?

Maybe because you'd like to avoid the calories. The sugar. The expense. The aftertaste. Better yet, maybe you'd like to give your body a healthy boost—a dose of what it needs to function well, a measure of what you need to feel well.

Like an apple a day, healthy water consumption is a great way to keep the good going.

Next time you're thirsty, head for the water fountain. Better yet, don't wait until you're thirsty. That means you're already dehydrated. Drink water frequently throughout the day, and especially after strenuous physical activity.

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School Datebooks

Tips for Drinking More Water

- ✓ Drink a glassful when you brush your teeth
- ✓ Drink water with every meal
- ✓ Freeze a glass or mug and fill it with cold water for a cool treat
- ✓ Take a bottle of water with you on outings
- ✓ Drink water even if you aren't thirsty

How Much Water Do You Need?

Some say drink a liter of water a day. Others suggest eight 8-ounce glasses—almost double the one liter. Some even suggest 10 glasses a day. But it's your details and how active you are, how hot it is where you live and how much you sweat.

Don't let your body slosh around, but do turn to water frequently. Keep yourself hydrated.

DO NOT SUBMIT FOR PRINT

"Water is the only drink for a wise man."
— Henry David Thoreau

"If there is magic on this planet, it is contained in water."
— Loran Eisely