

# 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 doctor away.

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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### Tips for Drinking More Water

- ✓ Drink a glassful when you brush your teeth
- ✓ Drink a glass at every meal
- ✓ Freeze a glass of water in a 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 suggest a liter of water a day. Others suggest eight 8-ounce glasses—almost double the one liter. Some even suggest 10 glasses a day. They say it depends on how active you are, how hot it is, what the climate is like where you live and how much you sweat.

You don't want to 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