WATER

WHY IT'S IMPORTANT

WATER HELPS US DIGEST AND GET RID OF FOOD.

WATER BOOSTS YOUR IMMUNITY

by delivering white blood cells throughout the body.

Water can help you stay focused by delivering oxygen and other nutrients to your brain and other parts of your body.

Up to **65%** of your body is water.

Water acts as your own personal thermostat by regulating your internal temperature.

Water provides cushion for your bones, muscles, & organs.

fit

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EVERYTHING YOU NEED TO KNOW ABOUT

DEHYDRATION

Dehydration is the process of your body losing more water than you are bringing in.

SIGNS OF DEHYDRATION

- Being thirsty - Don't wait until you're thirsty to drink water!
- Fatigue
- Dry mouth
- Headaches & dizziness
- Muscle cramps
- Urine check

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TIPS TO DRINK MORE WATER

1. Invest in a reusable water bottle to carry with you.
2. Download an app that helps you keep track of your hydration status.
3. Drink a cup of water before every meal. Sip on water throughout the meal.
4. Add flavor to your water by adding lemon, strawberries, or cucumber.

BONUS TIP:

Eat foods with high water content, like watermelon, cucumber, strawberries, celery, apples, and spinach!

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