

Water and Your Body



Water makes up approximately two-thirds of the body's weight and almost 75 percent of the brain's weight. We lose nearly 4 percent of the water in our body through our skin each day. If you are sweating, you are losing greater amounts of water than normal. This increases your need to drink fluids.

In general, adults need at least eight cups of liquid each day. This amount varies depending upon body size, level of physical activity, age, overall health and climate. Fluid intake needs differ for some people, including older people, athletes, and individuals who work outside.



Drinking water throughout the day can help reduce the risk of dehydration. Water is very important for digestion, organ function, controlling body temperature and cooling working muscles. Follow the tips on the back of this card to stay hydrated when working outdoors, exercising, playing sports or taking part in other strenuous activities.



Tips to Stay Hydrated

1. Plain water is the best beverage to replace lost fluids. Sugar and electrolytes can slow the absorption process.
2. Cool water, between 40°F and 50°F, is recommended.
3. Don't depend upon thirst. Drink before you feel thirsty.
4. Drink water before working outdoors or participating in sporting events.
5. Sip water often while working or participating in sports. One-third to three-fourths cup every 10-20 minutes is suggested. The body can only absorb about one cup of water every 20 minutes.
6. Be sure to continue to drink fluids after your work is finished or sporting event ends.



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