

“WHEN PROJECT”
Weekly Health Education
Program

1 Corinthians 10:31



January is Hydration Month

Water is the best source of hydration.

Water is essential to good health and your body's fluid needs depend on many factors, such as activity, weather, and health conditions.

What are the health benefits of water?

Water is your body's principal chemical component and makes up about 50% to 70% of your body weight. Your body depends on water to survive.

Every cell, tissue and organ in your body needs water to work properly. For example, water:

- Gets rid of wastes through urination, perspiration and bowel movements
- Keeps your temperature normal
- Lubricates and cushions joints
- Protects sensitive tissues

Lack of water can lead to dehydration — a condition that occurs when you don't have enough water in your body to carry out normal functions. Even mild dehydration can drain your energy and make you tired.

How much water do you need?

Every day you lose water through your breath, perspiration, urine and bowel movements. For your body to function properly, you must replenish its water supply by consuming beverages and foods that contain water.

So how much fluid does the average, healthy adult living in a temperate climate need? The U.S. National Academies of Sciences, Engineering, and Medicine determined that an adequate daily fluid intake is:

- About 15.5 cups (3.7 liters) of fluids a day for men
- About 11.5 cups (2.7 liters) of fluids a day for women
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These recommendations cover fluids from water, other beverages, and food. About 20% of daily fluid intake usually comes from food and the rest from drinks.

You might need to modify your total fluid intake based on several factors:

- **Exercise.** If you do any activity that makes you sweat, you need to drink extra water to cover the fluid loss. It's important to drink water before, during and after a workout.
- **Environment.** Hot or humid weather can make you sweat and requires additional fluid. Dehydration also can occur at high altitudes.
- **Overall health.** Your body loses fluids when you have a fever, vomiting or diarrhea. Drink more water or follow a doctor's recommendation to drink oral rehydration solutions. Other conditions that might require increased fluid intake include bladder infections and urinary tract stones.

How do I know if I am drinking enough?

Your fluid intake is adequate if:

- You rarely feel thirsty
- Your urine is colorless or light yellow

Your doctor or dietitian can help you determine the amount of water that's right for you every day.

To prevent dehydration and make sure your body has the fluids it needs, make water your beverage of choice. It's a good idea to drink a glass of water:

- With each meal and between meals
- Before, during and after exercise
- If you feel thirsty

Should I worry about drinking too much water

Drinking too much water is rarely a problem for healthy, well-nourished adults.