

Quench Your Thirst! Drinking Water Is the Way to Go!



Our entire body needs water. In fact, water makes up 60% of our body weight!



How Much should I drink?

Water is needed to digest food and rid the body of waste.



While drinking water is best, our bodies get water from many foods and drinks as well, including milk, fruits, and vegetables.

If you are getting enough water, you'll only feel thirsty once in a while.



Dehydration occurs when there is not enough water present in the body. This may lead to headaches and fatigue.

Hydration Tips:

- Fill a reusable water bottle with water and take it everywhere.
- Drink water with every meal.
- Drink a glass of water when you wake up in the morning. If you prefer cold water, keep some in a pitcher in the fridge.
- Drink extra water during exercise, warm weather, or when sick. More fluid is needed during these times!



For more detailed info, click [here](#).