

Importance of Hydration

Take a break and hydrate









Water is Life



Water forms the basis of blood, digestive juices, urine, and perspiration, and is contained in lean muscle, fat, and bones. The body is composed of 50% to 75% water, making it the most important component. Water plays a vital role in maintaining normal body functions.

Here are a few examples:

-  Carries vital nutrients to the life of every cell.
-  Regulates our internal body temperature by sweating and respiration.
-  Helps metabolize and transport the carbohydrates and proteins we use as food in the bloodstream.
-  Assists in flushing waste from our system.
-  Acts as a shock absorber for the brain, spinal cord, and fetus.
-  Forms saliva and lubricates joints.



How much hydration is required?

DAILY WATER INTAKE

Water intake scale for a normal adult





Always carry a bottle of clean water with you whenever you go.



Set a periodic reminder so that you don't forget to drink water.



Exercising can help make you want to drink water more.



Keep a simple log, like a tick mark, for each glass of water you drink.

8x8

2.5 L Daily

In June 2009, "Scientific American" published an article titled "Fact or Fiction? You must drink 8 glasses of water daily." The article describes the 8x8 drinking rule that says you must drink eight 8oz. glasses of water every day. Tea, coffee, soda, juices and sports drinks do not count. This rule does not offer different guidelines for people of different ages, genders or health conditions.



SOURCES OF WATER FOR OUR BODY



Water



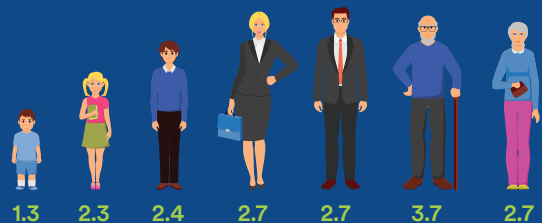
Beverages



Fruits



Juices



RECOMMENDED DAILY WATER INTAKE (IN LITRES)

Impact of Dehydration

Being dehydrated can have a negative effect on our alertness and concentration at work, the quality of our work, and even our personal safety and that of others around us. The type of work we do affects our requirements for water.

Strenuous work, especially on warm days, can lead to increased perspiration and higher water requirements. **Similarly**, working in an air-conditioned office can speed up moisture evaporation from our skin and lungs, leading to increased water loss. **As a result**, we need to drink more water accordingly.

Dehydration, even if only mild, may cause tiredness, headaches, lack of concentration, reduced mental performance, and dry skin.



Symptoms of Dehydration

- Thirst
- Headaches
- Lethargy
- Mood changes and slow responses
- Dry nasal passages
- Dry or cracked lips
- Dark-colored urine
- Weakness
- Tiredness
- Confusion

Why do we need to drink so frequently?

The body cannot store water, so we need fresh supplies every day to make up for losses from the lungs, skin, and urine. The amount we need depends on several factors, including our body size, metabolism, the weather, the food we eat, and our activity levels.

Our bodies constantly lose water as part of vital metabolic processes. This water is lost through urine, digestion, respiration, sweating, and other minor ways. Therefore, we need to frequently replenish our fluids for optimal body function.

The human body strives to maintain a stable internal state (homeostasis). Sweating varies considerably depending on physical activity and environmental temperature, which can dramatically impact our water needs. Living in extreme climates or being pregnant are also important factors that may require adjustments in water intake.



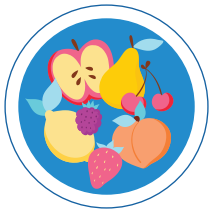
How to Hydrate



Drink gradually: There's no point in loading your body with excessive amount of water at once. It's not going to stay in your body. In fact, your kidneys will have to work overtime to get rid of that excess water. So, instead of gulping 2-3 glasses of water at once, sip water every 10-15 minutes. This helps your body to stay hydrated consistently and regulates all your body processes.



Never let water out of your sight: If you keep looking at it you'll probably remember to drink water. Always keep a bottle of water at your desk where you work, or around you always, this way you will never forget to have a drink of water.



Eat your water: Including fruits and vegetables. Eating foods with a high-water content is a smarter way to boost your water intake. The best options are watermelon and strawberries, which contain 92 percent water per volume. Other fruits and vegetables like oranges, grapes, cherries, tomatoes, spinach, and radish are also great substitutes to plain water. The added advantage here is that, apart from hydrating your body, fruits and vegetables also give you a lot of other nutrients helping you stay healthy and fit.

**Beat the heat! Dehydration is the main cause of heat exhaustion.
Fortunately, the best prevention and treatment is easy. Hydrate! Hydrate! Hydrate!**

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