

Hydration Information

Water is a very important nutrient for the body. The body is composed of about 60% water. That is more than half of the body. To further break it down; 92% of blood is water and about 22% of bones are water. Water is needed for many different bodily processes. It regulates body temperature, lubricates joints and moistens tissues. It is also important for dissolving minerals and carrying them throughout the body. So what happens when the body doesn't have the water that it needs?

Dehydration occurs when the body does not have enough water to function. Mild to moderate dehydration is easily reversible by increasing fluid intake; however, severe dehydration needs to seek immediate medical attention. Prevention is the key; stay hydrated before, during, and after exercise.

The amount of water you need daily depends on several key factors. Your weight, your activity levels, the climate and altitude, whether you are pregnant or breastfeeding, all affect the amount of water you need. An average 150 lb person needs at least 80 oz (10 cups) of water according to about.com's hydration calculator. How can you reach these requirements?

Eighty ounces may seem like a daunting number, however if you break it up throughout the day, you will drink 80 ounces or even more. Keep a water bottle with you at all times. The water should be drunk throughout the day and not all at once. Drink a glass at each meal time (8 X 3 meals) and include water with each snack (8 X 2 snacks). Drink the other half throughout the day, before after and during exercise, when you first wake up, before bed etc. If you eat a healthy diet, about 20% of your water may come from the foods you eat. Plain water is not the only way to hydrate either. Drinking milk, tea, and juices also count, however, remember that only water is calorie-free.

All in all, water is a very important nutrient for the body to be able to function properly. More than half of your body is made up of water and it is important for many different bodily functions. *Staying hydrated is as easy as drinking several glasses of water a day!*