



Although you can live for six weeks without food, you will not live longer than a week without water. This statement gives rise to the importance of water in our everyday lives. Water does much more than satisfy thirst; it is the most important nutrient in your body. Some functions of water in the body include: transporting nutrients and oxygen, moistening tissues such as eyes and mouth, preventing constipation, and cushioning and protecting your organs and joints.

Being thirsty is your body's way of telling you that it needs more water to perform all of the above mentioned functions. Thirst is a warning sign that you are already slightly dehydrated; you should not wait until you feel thirsty to drink fluids. Follow the recommendations below to ensure that you are getting adequate fluids for optimal health!

- ☆ Take water breaks instead of coffee breaks or drink a cup of water for every cup of coffee.
- ☆ Keep a cup or bottle of water at your desk
- ☆ When you walk by a water fountain....take a drink!
- ☆ Always carry a bottle of water with you
- ☆ Drink 4-8 ounces of water every 15-20 minutes during physical activity.

Test Your Fluid Status

Do you have any of the symptoms below? Check any boxes that apply to you.

- Thirst
- Dark-Colored Urine
- A Dry Mouth
- Fatigue
- Headache
- Dizziness
- Muscle Spasms
- Increased Body Temperature



If you checked any boxes, it could mean that you need to increase your fluid intake.

