

Why Is It Important to Drink Plenty of Water

Adding water is one of the easiest habits to improve. Dehydration will negatively affect every aspect of your physiology, including your organs, endocrine system, cardiovascular system, gastrointestinal tract, as well as neural, muscular, and skeletal function. Even your brain is about 75% water! Some signs that you may be dehydrated:

- Hunger between meals
- Constipation
- Deep Fatigue
- Trouble focusing
- Attention issues
- Muscle cramps
- Headaches
- Dark urine

How much water should you drink?

Experts say at least half your weight in ounces, but it is not necessary to measure your water intake. The best strategy is to look in the toilet every time you go, and your urine should be clear to straw colored. For high-level athletes, it might be helpful to weigh before and after workouts, so you know how much fluid must be replaced!

Tips for Staying Hydrated:

- Drink 8 to 16 ounces every morning when you first wake up. Always carry a large water bottle with you and refill at least four times per day.
- Jazz up your water with fruit, cucumbers, and herbs like basil and mint. Citrus slices look beautiful and make your water taste amazing!
- Sports drinks are not necessary for workouts lasting under one hour and might pull energy away from the working muscles while you try to digest the sugar.
- Eat lots of fruits and veggies since they are mostly water. A plant-based, whole-foods diet is extra hydrating and health promotion.

Source "Shred10 Guide" Toni Braner, MA