

Drink up!

...The Benefits of Drinking Water

Drinking enough water every day is important to your good health. Water plays a role in nearly every major bodily function: it regulates body temperature, removes fat from the body, suppresses the appetite, reduces sodium buildup, and helps maintain proper muscle tone. Even mild dehydration can sap your energy and make you tired.

Wondering how you can drink 6 or more cups of water every day?

- An easy way to start your day off is by drinking a glass (8 oz.) or two of water, or a cup or two of herbal tea. By drinking water early in the morning you are reversing any effects of dehydration that may have occurred during your sleep. How about taking a nice cold glass of ice water with you as you are getting ready for the day?
- Get in the habit of taking a water bottle with you when you go out. Drink it while you are driving to work, running errands, or doing physical activity.
- Have a glass of water with lunch instead of soda or coffee, and another with dinner. You'll get the water you need without calories or caffeine!
- Grab a glass of ice water instead of soda while you sit down to read a book or watch TV.
- Jazz up plain water by adding fresh mint leaves, a squeeze of lemon or lime, or a slice of cucumber for a nice and crisp refreshment.

Keeping water handy throughout the day will keep you hydrated and healthy.

You will feel good doing what is good for you!