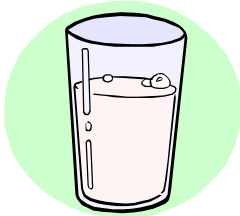


Got Thirst? Get Water!



Why Should We Drink Water?

- ◆ Water needs to be replenished daily. 3-4 Cups of water is lost through breathing every day. That's before you sweat or go to the bathroom.
- ◆ Water improves athletic performance because it lubricates joints and makes muscles work better.
- ◆ Drinking water helps prevent dry, itchy skin, constipation, nose bleeds, acne, sinus pressure and headaches.
- ◆ Water is the most vital nutrient to all living things. The body is 2/3 water. The bloodstream is 80% water and our brains are 75% water.
- ◆ Water is vital for life. You could survive for 4-5 weeks without food, but only 5-7 days without water.
- ◆ Drinking water helps you lose weight. Not drinking enough water lowers your metabolism, and could cause gain weight.
- ◆ A bottle of regular soda or a sports drink each day can add 15 extra lbs. in 6 months. The average teen drinks 16 or more ounces of soda or Gatorade every day.
- ◆ Drinking water makes us more productive. Lack of water is the #1 reason for daytime fatigue. Not drinking enough water reduces your energy level by 20%.
- ◆ Drinking water saves money. Bottled water is about 22 cents per quart. Soda and sports drinks run about 44 cents per quart.
- ◆ Water improves brain function. A 2% drop in body water can cause short-term memory problems, difficulty with basic math and poor ability to focus on reading materials.
- ◆ How much water do we need? Weight divided by 2 gives you the daily minimum number of ounces recommended.