



Drink Water



Water is so refreshing. And good for you. Drink plenty. You'll feel so much better if you're hydrated. In college I learned that an estimated 75% of the population is dehydrated. That figure blew me away. And if you feel thirsty, you're already dehydrated. So drink when you're not even thirsty yet. A general rule: drink 8-10 glasses of water a day (more if you live at a high altitude or dry climate) or drink half your body weight in fluid ounces. What does water do for us?

- transports nutrients to cells
- maintains body temperature
- promotes weight loss (by flushing down by-products of fat breakdown and helping you feel more full)
- healthier looking skin (replenishes and moisturizes skin tissues)
- increases brain function
- helps in digestion
- helps fight sickness
- relieves fatigue (flushes out toxins which makes less work for your organs)
- speeds recovery
- you'll feel better