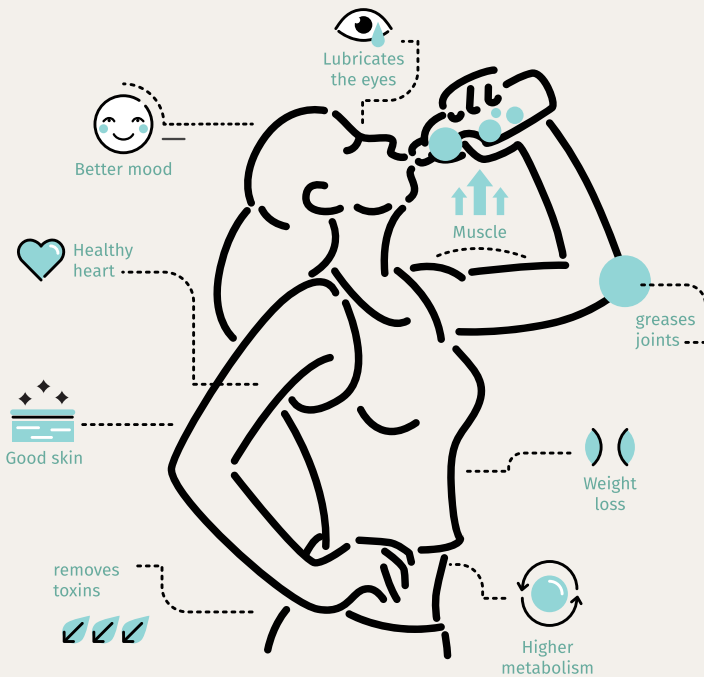


benefits of staying hydrated



water in the human body

The average adult human body is 60-65% water.

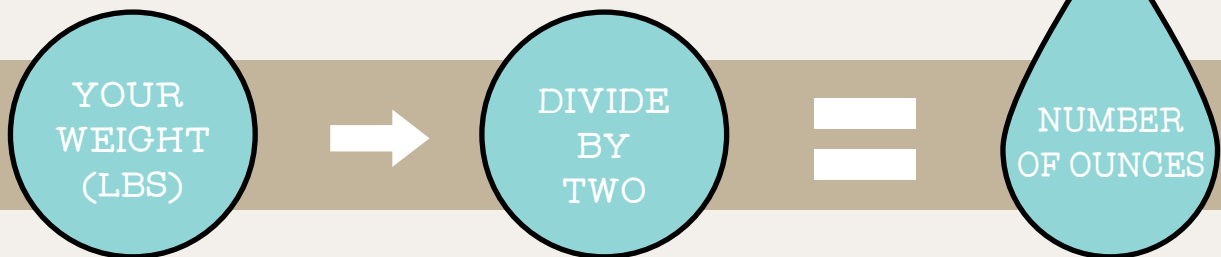
At birth, water accounts for approximately 80 percent of an infant's body weight.

quick tip

By the time a person feels thirsty, his or her body has lost over 1 percent of its total water amount. In other words, if you feel thirsty, you are already dehydrated.

Next time you are hungry, drink 8 ounces of water and wait 20 minutes to see if your hunger continues.

how much water do you need?



you don't need to only drink water!

You can get some of your daily water requirements from vegetables, fruits and water-based beverages such as herbal teas. Nearly every fruit, vegetable, fresh herb and other plant foods provides some water to the body.

Soft drinks, coffee, and tea, while made up almost entirely of water, also contain caffeine. Caffeine can act as a mild diuretic, preventing water from traveling to necessary locations in the body.