

◆ Choices ◆

Hydration!!

April 2010

Why is water so important to us?

Our bodies are made up of over 70% water, so it is important to properly hydrate the body daily. Water has many important roles, helping to:

- ∂ remove toxins from the body
- ∂ adjust the body's temperature
- ∂ assist in digestion
- ∂ maintain normal blood pressure
- ∂ protect and cushion joints and organs

For the body to function properly, it must be hydrated properly. Moreover, the qualities and properties of the water we drink can determine the quality of our health.

How much water do you drink everyday?

Not coffee, tea or soda - we are talking about water in the purest form. Coffee, tea, soft drinks, and even alcoholic beverages do contain water, but they also contain chemicals and additives. These are not substitutes for water, and they do not hydrate and cleanse your body like pure water.

By the time you're thirsty, you are already dehydrated!

- ∂ Pay attention to your thirst cues and drink regularly throughout the day.
- ∂ Choose water to quench your thirst regularly.
- ∂ Keep water bottles on hand when you're at work, at school, at play or out and about.
- ∂ Enjoy other fluids such as skim, 1% & 2% milk, fortified soy beverages, 100% vegetable or fruit juices and soups to help you meet your fluid needs .
- ∂ Give preference to decaffeinated beverages to keep you well hydrated.
- ∂ Take sips of water while eating meals and snacks.
- ∂ Keep a pitcher full of ice water, with lemon, lime, orange or cucumber slices handy in your fridge at home or at the office.

Lack of energy and constant exhaustion are the results of even mild dehydration. Staying well hydrated when it's hot is definitely a must; however, hydration is vital to your good health year round.

Try to drink at least 8 glasses of water every day!



**South Vancouver
Island
Assessment &
Resource Service**



Duncan

**305-394 Duncan Street
(250) 746-6900**

Nanaimo

**304-155 Skinner Street
(250) 754-8222**

Port Alberni

(250) 723-7001

Toll Free:

1-877-746-6911

Fax: (250) 746-8994

E-mail:

counsellors@islandefap.org

www.islandefap.org