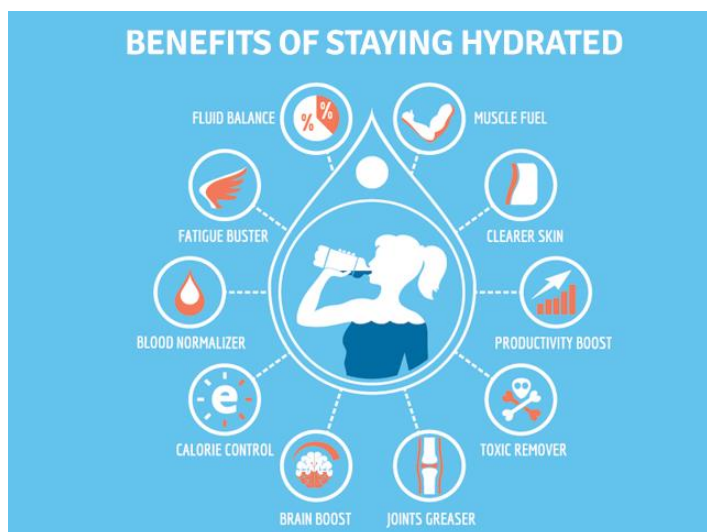




# Why Not Water? Benefits of Hydration

Hydration may not come up during your workday much, yet many people spend 60% of their lives “at work”, so staying hydrated could be an important part of their wellbeing.

Drinking water is not a hard habit to master for most and the benefits are undeniable.



<https://www.girlsgonestrong.com/blog/nutrition/water-hydration/>

## Why:

Your body is more than 60% water, and even light exercise can deplete that percentage. Drinking water helps in almost all the body’s key functions; from helping clear toxins, regulates body temperature, prevents and helps relieve constipation, helps shield the brain and spinal cord, helps break down nutrients and carries them and minerals to parts of the body where they can be utilized, lubricates joints and even boosts mental clarity and mood.

A study published in the Journal of Nutrition looked at how mild dehydration impacts cognitive performance, mood, and other brain function. While the effects on cognitive performance seemed minimal, dehydrated study participants found it significantly harder to concentrate and perform certain tasks. They also reported feeling more irritable and fatigued.

The early effects of dehydration often set in before you even feel thirsty, so it’s important to consistently drink water throughout the day to keep your mind sharp and help your body run more efficiently. While the standard drinking eight 8 oz. cups of water each day may satisfy most people’s hydration needs, a few variables need to be considered. Individual needs vary depending on climate, activity level and health status, but The Institute of Medicine (IOM) suggests an adequate fluid intake of roughly 13 cups per day for men and around 9 cups per day for women. You may need an increased amount of water if you work somewhere that is very warm or even, very cold to keep up with your body’s thermoregulation, which is keeping your body temperature at the correct level. You may also need more water if you are a very tall, or overweight or pregnant or breastfeeding.

