

Think to Drink!

Your body is about 60% to 70% water. Blood is mostly water; muscles, lungs and brain all contain a lot of water.

The average adult loses about 2 1/2 quarts (10 cups) of fluids daily just by sweating, breathing, urinating and eliminating other body wastes.



Food provides some water, but drinking at least 6 to 8 cups daily is important. Other fluids can come from foods and beverages with a high water content, such as milk, fruit juice, fruits and vegetables, soups and broths.

Think to Drink 6 to 8 cups every day!

Children Need to Drink Water

Kids should be watched closely, especially during warmer months. They forget to drink when they are playing and need to be reminded to drink water. Using their muscles causes them to



lose water through sweat so they need to take a water break every 15 minutes. Germs are spread by sharing a water bottle. Offer a drink of water – don't wait for thirst!



Older Adults Are Especially at Risk

Older adults may forget to drink enough liquid because they don't feel thirsty. They

need to pay attention to the amount of water they drink each day.

Dehydration (*not enough water*) is one of the most frequent reasons people over 65 years of age go to the hospital.



Two Kinds of Water Bottles

Clear plastic bottles

Thick plastic jugs and mugs

Plastic bottles filled with water or juice and purchased from the store are safe to reuse if they are thoroughly cleaned and dried between uses.

Thick plastic bottles sold as beverage containers are a good choice for a reusable beverage bottle. They have straight sides and are made of a stronger plastic to help them survive extended wear and tear.

It is important to clean the bottles frequently. Here are some tips:

- Wash the bottle each day with soap and hot water, drain and let dry overnight.
- Sanitize the bottle weekly with a bleach solution of 1 teaspoon household bleach to 1 gallon water and allow bottle to air dry.

Why Drink Water?

- It has no calories
- It is low in sodium
- It has no fat
- It has no cholesterol
- It's the best fluid for our body
- It just tastes good!

Why We Need to Drink Water

- Keeps body temperature even
- Helps nutrients to travel to all organs
- Helps with digestion
- Transports oxygen to cells
- Removes waste
- Protects our joints and organs

What Happens if We Don't Drink Enough Water?

- Headache
- Dizziness
- Fatigue
- Depression
- Confusion
- Constipation
- Muscle cramping and loss of coordination

Tap Water or Bottled Water?

- Both are safe to drink
- Bottled water costs more
- Most drinking water in the United States comes right from the tap
- Many bottled waters do not contain fluoride which is added to tap water to promote bone and dental health



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