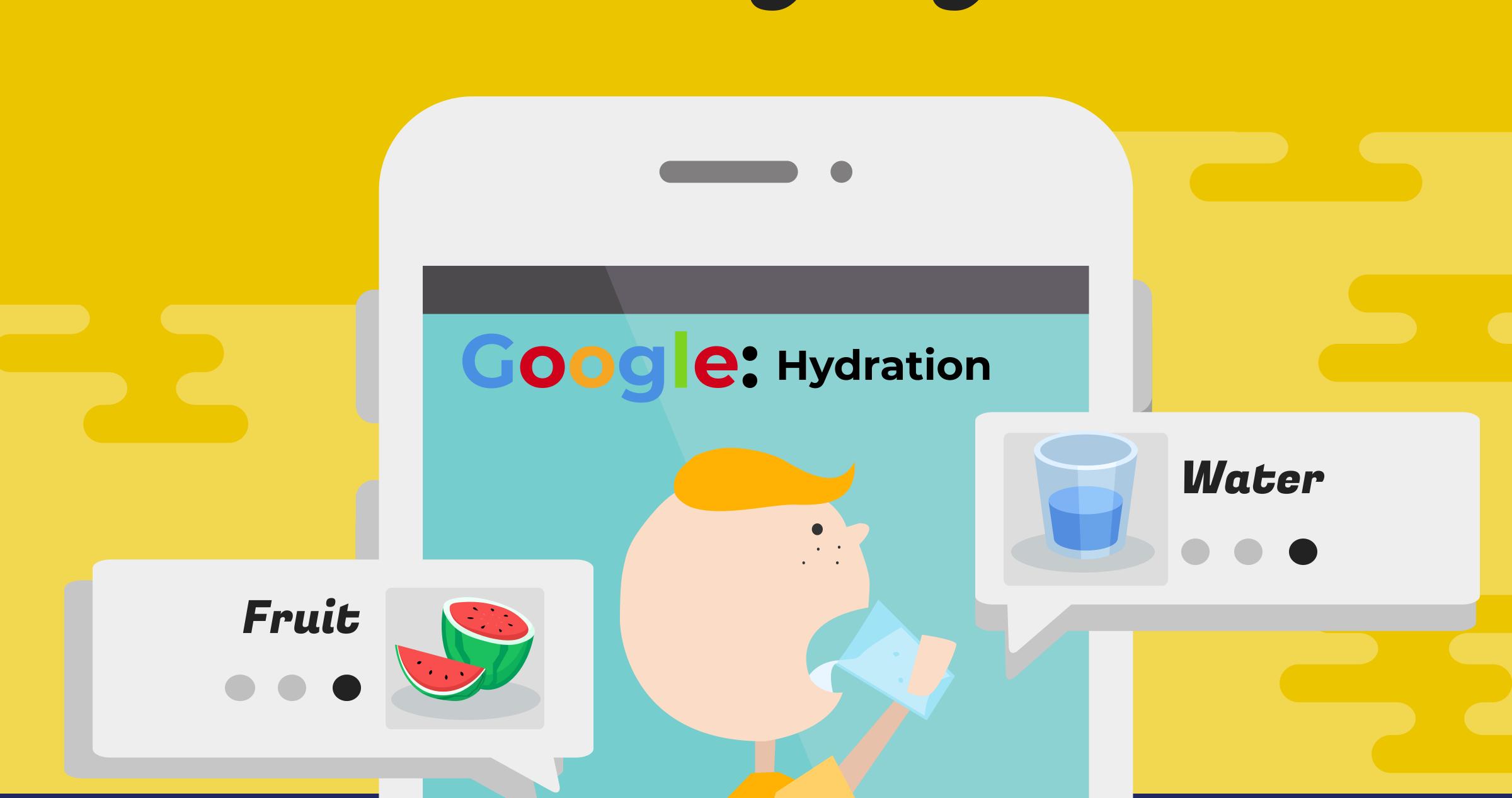
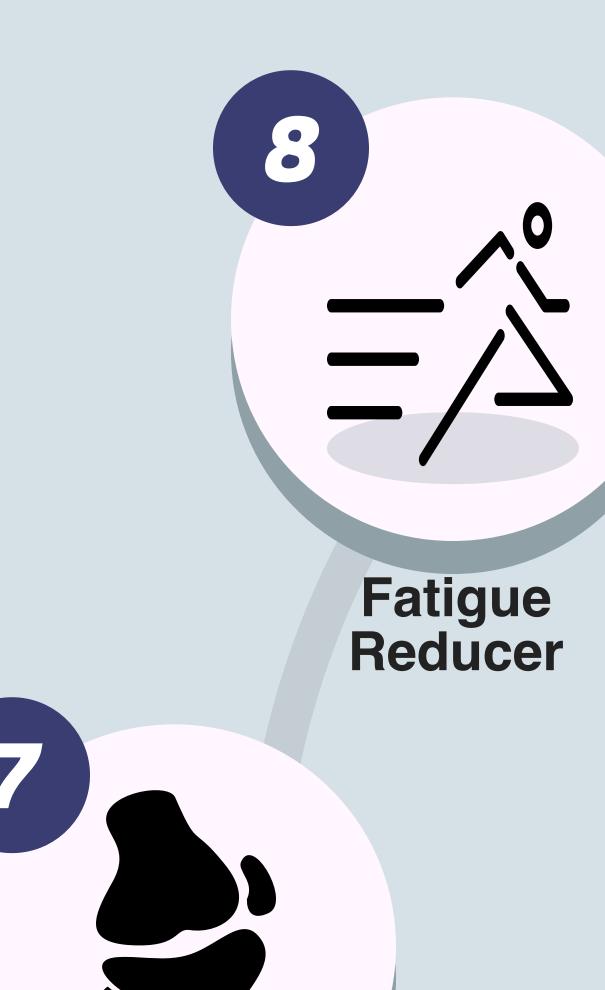
Reasons Why You Should Stay Hydrated

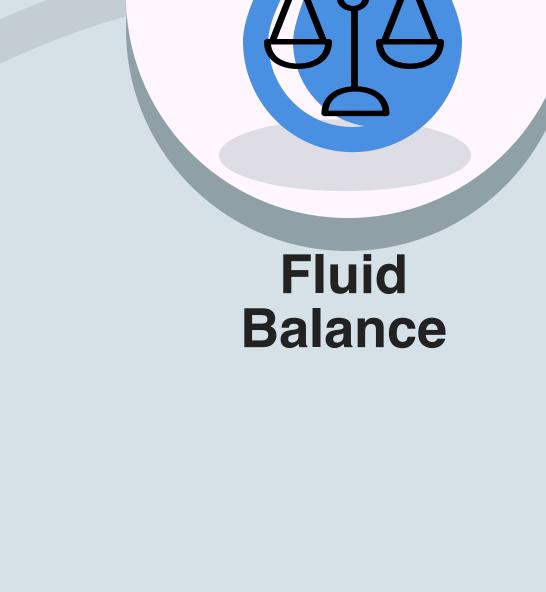


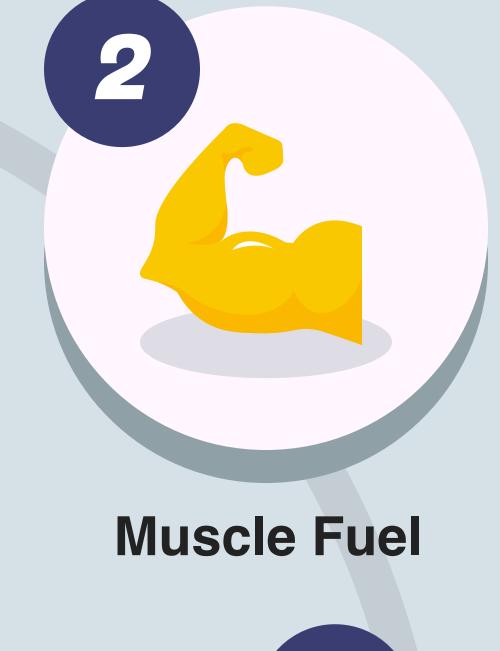


Importance Of Hydration

The human body is made up of water. If not hydrated properly it can lead to the body degenerating.





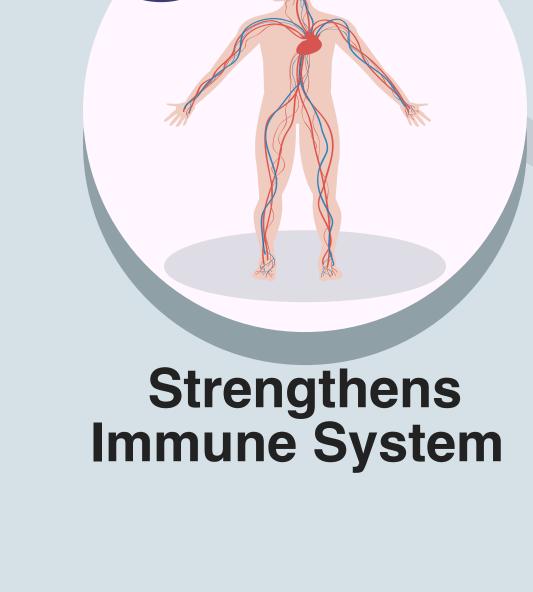




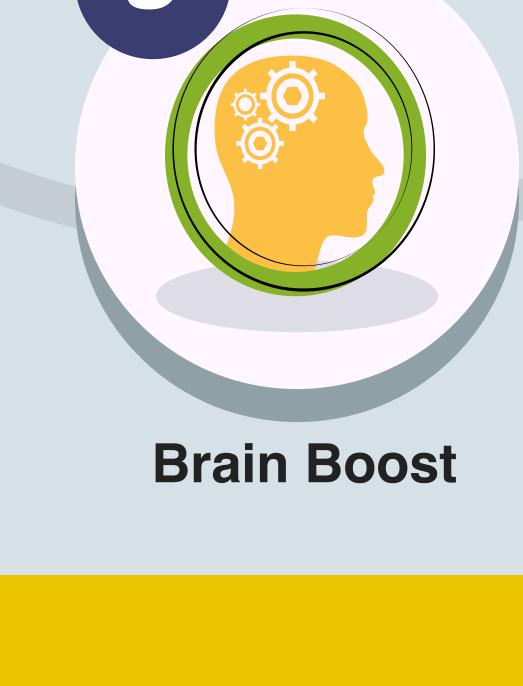
8 Reasons Why
Staying Hydrated Is
Beneficial For Your
Health



3



Step 1



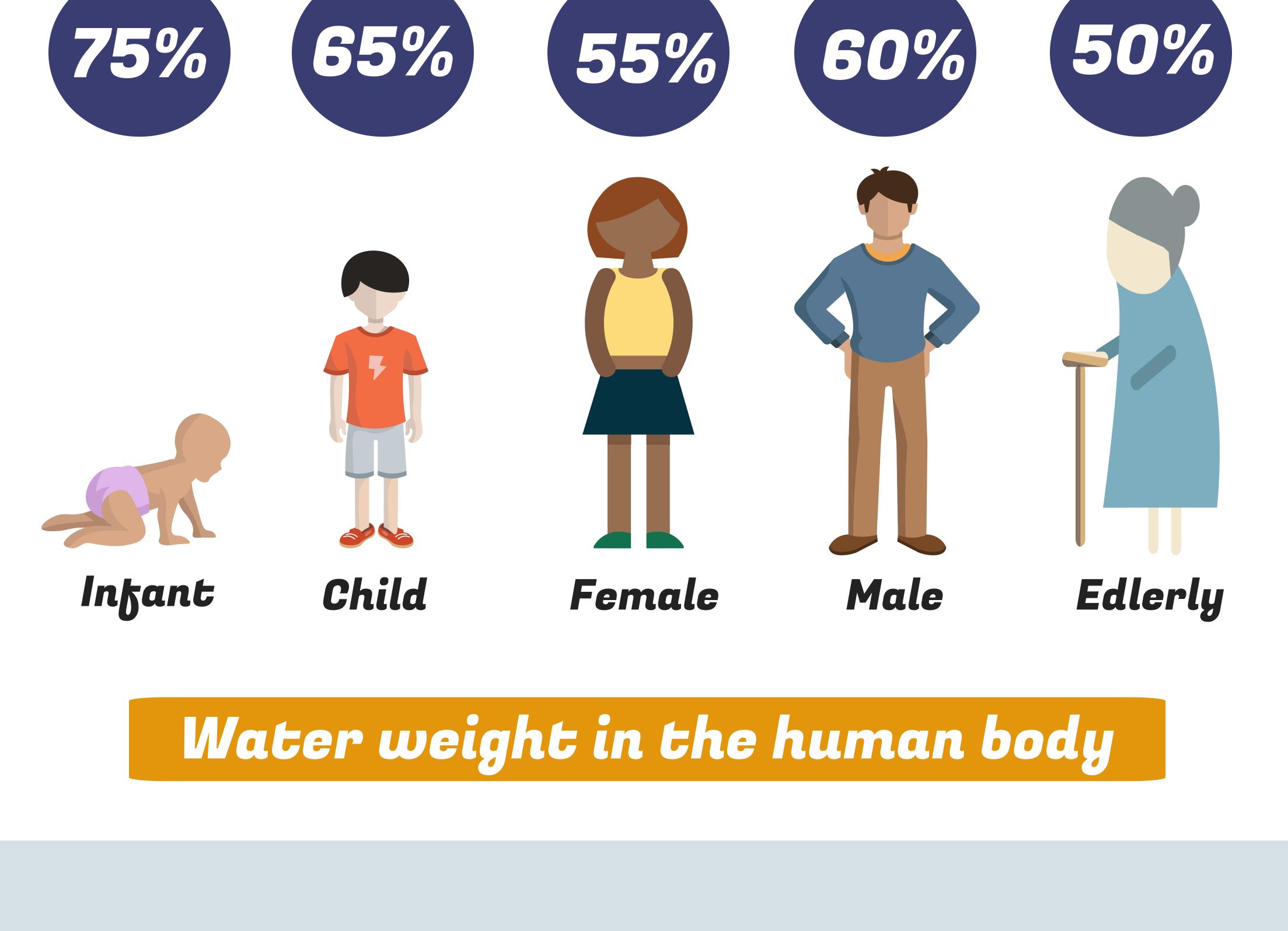


Know how much water you should be drinking in a day.

Every body is different!

5 Simple Steps To Stay Hydrated

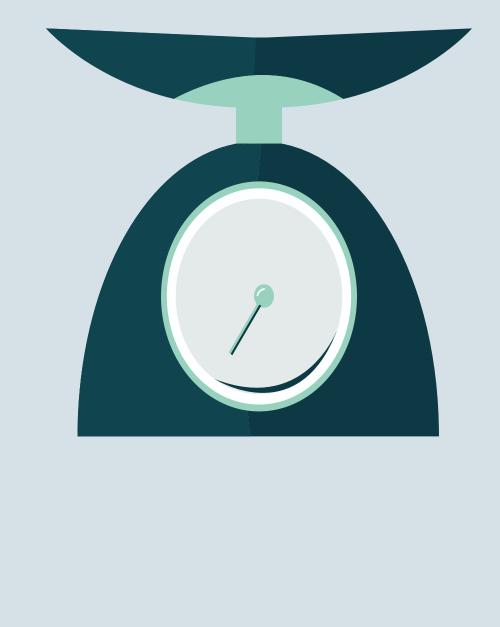
Step 2 Monitor your hydration. An easy way to do this is check your urine. Step 3 Make sure you add extra fluid for sweat, especially during exercise. Start hydrating early in the day! You should have 1-2 cups of water after Step 4 you wake up. Step 5 Make sure you are eating properly too. Lots of fruits and vegetables.



HOW MUCH WATER SHOULD YOU DRINK IN A DAY?

To figure out much water you should have in a day use your weight.

(weight / 1/2 = oz. of water)



Resources:

www.harvard.health.edu www.thoughtco.com

Pictures & Charts: www.pictochart.com



More Information:

