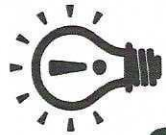


Water Helps

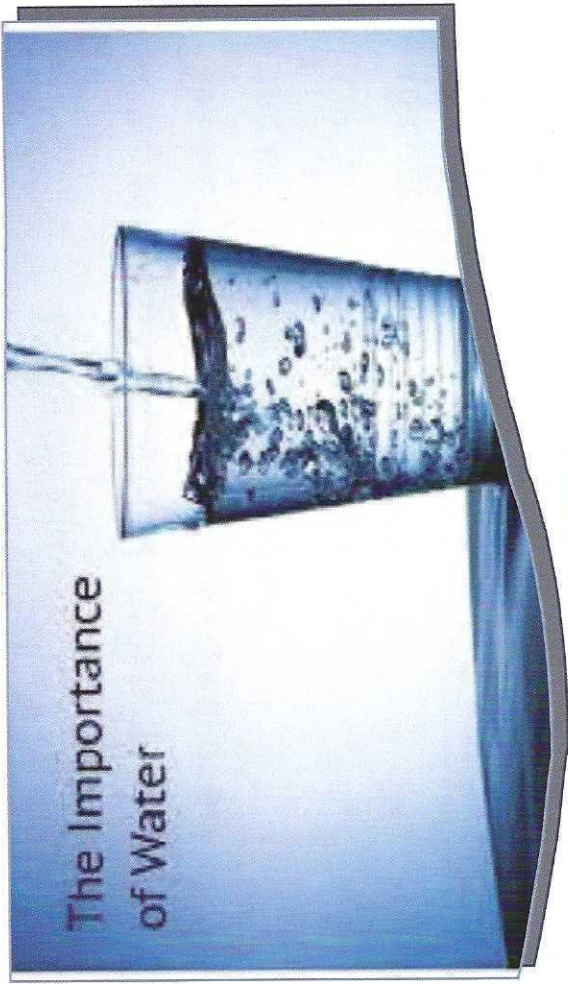
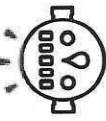
- Lubricates joints
- Improves memory loss
- Improves energy and sleep
- Improves muscle contraction
- Prevents arthritis and back pain
- Improves the efficiency of the immune system
- Prevents heart and brain arteries from clogging
- Improves blood flow to the heart, brain, and lungs
- Improves neurotransmission (i.e. improves thinking)
- Improves serotonin release to help with sleep and relaxation
- Prevents wear and tear on disks in the back and prevents herniation

Did you know 3/4 of the human body weight is supported by the fluid in their disks?



As we age, our body's signals that let us know we need more water decrease.

In other words, our thirsty meter is on the blink!



did you
KNOW?

FACTS:

Human bodies are 70% water

Muscles are 75% water

Brain cells are 85% water

Blood is 82% water

Bones are 25% water



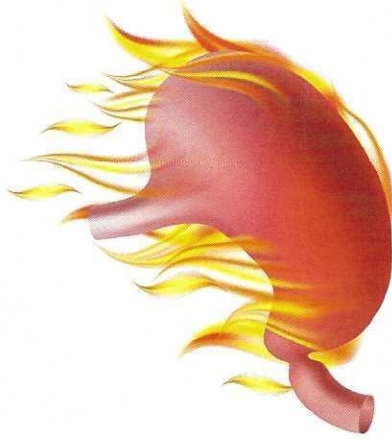
**DRINK MORE
WATER.**



**CHESAPEAKE REGIONAL
HEALTHCARE**

Did you know?

- If we **wait until we are thirsty** to drink, then we are more than likely **dehydrated**, or on the way to being dehydrated.
- Our bodies lose about **2 quarts** (8 cups) of water a day.
- We **lose water daily** through perspiration, urination, defecation, and exhalation.
- Being **well hydrated reduces stomach acid** that burns the stomach lining.



Additional Suggestion:

Do not reuse disposable plastic bottles. Reused plastic bottles can cause dangerous levels of bacteria to accumulate.



How much water should we drink each day?

A person should drink half of their body weight in ounces (Example: 150 pounds - 75 ounces of water)

Exceptions to this: those on fluid restriction by their doctor for kidney problems or heart failure.

