

# 1. Aim to drink several glasses of water daily and cut back on caloric drinks, such as sugary and alcoholic beverages.



Here are some reasons behind this advice:

- **Hydration:** Water is essential for the proper functioning of the body. It aids in digestion, nutrient absorption, circulation, and temperature regulation, contributing to overall well-being.
- **Caloric Intake:** Sugary and alcoholic beverages are often high in empty calories, leading to weight gain and an increased risk of obesity. Opting for water helps control calorie intake and supports maintaining a healthy weight.
- **Nutrient Density:** Water has no calories, allowing for more room in the diet for nutrient-dense foods. Focusing on nutrient-dense options ensures a balanced intake of essential vitamins and minerals.
- **Reduced Sugar Intake:** Cutting back on sugary drinks lowers overall sugar consumption, mitigating the associated health risks such as obesity, type 2 diabetes, and dental problems.
- **Alcohol Moderation:** While moderate alcohol consumption may have health benefits, excessive intake can lead to various health problems. Reducing alcoholic beverage consumption is advisable for overall health.
- **Improved Hydration Status:** Water is the optimal choice for maintaining hydration levels without additional calories or potential health risks associated with other beverages.
- **Feeling Full:** Drinking water before meals can create a sense of fullness, helping to control appetite and potentially contributing to weight management by preventing overeating.
- **Cost-Effective and Environmentally Friendly:** Water is often a more affordable and environmentally sustainable choice compared to other beverages, promoting economic and environmental responsibility.

# MORE Info from our other article on Water

*Harvard Health suggest the daily four-to-six 8 ounce cup rule is for generally healthy people. This is more if you are exercising or working outside on a hot day. It's possible to take in too much water if you have certain health conditions, such as thyroid disease or kidney, liver, or heart problems; or if you're taking medications that make you retain water, such as non-steroidal anti-inflammatory drugs (NSAIDs), opiate pain medications, and some antidepressants. All beverages containing water contribute toward your daily needs, but water is the best choice.*

## Do You Get Enough Water?

**Drink plenty of water throughout the day to avoid dehydration is a common health recommendation. But how much is the right amount. I generally tell people to stay ahead of your thirst. When you are thirsty it is typically a sign that you went too long without drinking. That being said another way you can tell you are drinking enough is that your urine is a somewhat clear. Avoid dark colored urine by drinking water frequently. Important Point: Older people don't sense thirst as much as they did when they were younger, which could be a problem if they're on a medication that may cause fluid loss, such as a diuretic. A healthy person's water needs will vary, especially if you're losing water through sweat because you're exercising, or because you're outside on a hot day. A general rule of thumb for healthy people is to drink two to three cups of water per hour, or more if you're sweating heavily. According to Harvard it's a myth that caffeinated beverages or those containing alcohol are dehydrating because they make you urinate. They do, but over the course of the day, the water from these beverages still leads to a net positive contribution to total fluid consumption.**

DO YOU/CAN YOU  
DO THIS?

SHORT WELLNESS  
SELF-CHECKS

## Benefits of drinking water from Harvard Health

- Water keeps every system in the body functioning properly.
- carrying nutrients and oxygen to your cells
- flushing bacteria from your bladder
- aiding digestion
- preventing constipation
- normalizing blood pressure
- stabilizing the heartbeat
- cushioning joints
- protecting organs and tissues
- regulating body temperature
- maintaining electrolyte (sodium) balance.



**Harvard Health suggest the daily four-to-six 8 ounce cup rule is for generally healthy people. Do not overdue it. Keep urine pale to lemonade color. Do not over hydrate (transparent urine). It can be as bad as not getting enough.**

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