



The Importance of *Water*

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For the human body, water is a vital resource. We know it is indispensable for life itself, and it provides a host of essential functions for good health.

There is no more important nutrient in our bodies than water. It is the most widely used nutrient at work within the body's functions and processes, as well as constituting a huge part of its physical makeup.



The typical woman is made up of around 50% water,

a man around 60%

and our brains around 75%

We can only survive a small number of days without Water,

yet can survive weeks without food.

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EFFECTS OF DEHYDRATION

Daily water intake is extremely important In helping to replenish the water lost through our bodily processes including urination, sweating and breathing.

**WHEN THE WATER IS NOT REPLACED,
WE BECOME DEHYDRATED:**

1% DEHYDRATION

We become thirsty with reduced concentration

5% DEHYDRATION

We become hot & tired with decreased performance

10% DEHYDRATION

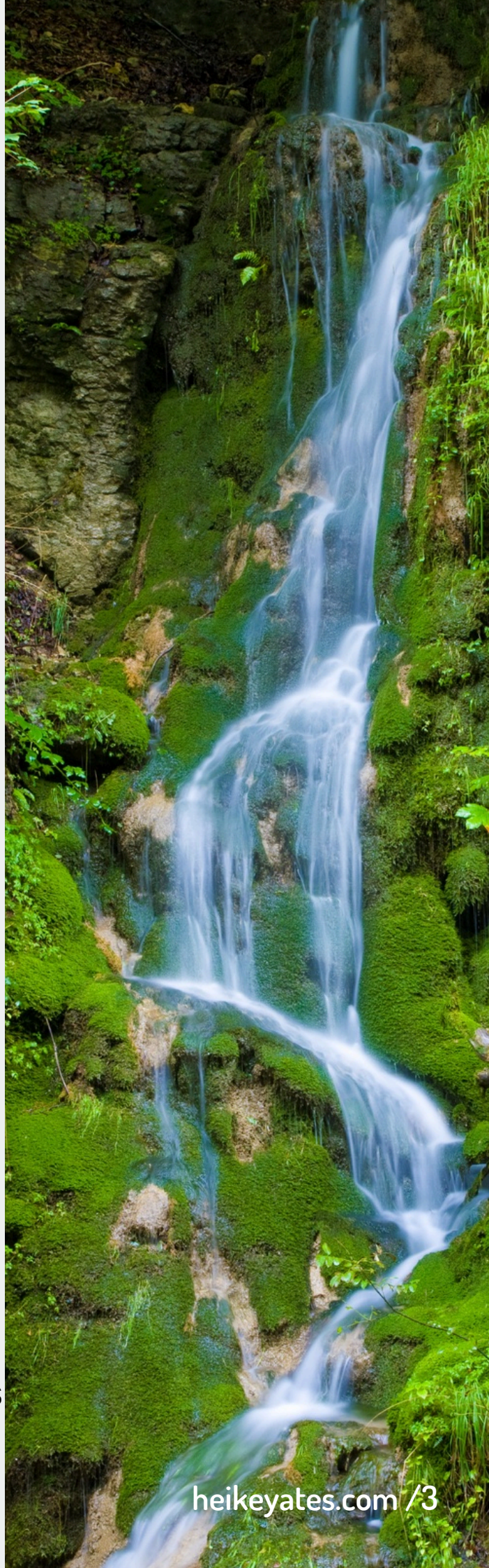
Delirium & blurred vision

20% DEHYDRATION

May result in death

THE FUNCTION OF WATER IN THE BODY

- Transports nutrients through the body
- Moisturizes eyes, mouth and nose
- Can help maintain pH and electrolyte balance
- Helps maintain normal body temperature
- Participates in many chemical reactions
- Reduces chances of kidney stones
- May reduce cancer risk
- May reduce constipation
- Ensures adequate blood volume
- Forms main components of body fluids





RECOMMENDED SOURCES OF WATER

- 💧 Potable (drinking) water
- 💧 Bottled water
- 💧 Artesian water
- 💧 Ground water
- 💧 Mineral water
- 💧 Purified water
- 💧 Sparkling bottled water
- 💧 Spring water
- 💧 Well water

RECOMMENDED WATER INTAKE

Water leaves the body through several routes -
this amount equals between
1.4-2.8 liters per day.

ADVISED WATER CONSUMPTION FOR ADULTS

Consume 1-1.5 ml of water for each
calorie-expended daily.

For example: if your daily energy expenditure
(BMR x activity level) is 2000kcal per day,
then you would require 2-3 litres of water per day.



EXERCISE AND WATER INTAKE

Water consumption throughout training should be a given, and it is suggested for every pound in bodyweight lost between the start and finish of training, 500ml of water per pound should be required.

THE GENERAL GUIDELINES WORK VERY WELL:

When thirsty, drink

When not thirsty anymore, stop

During high heat and exercise, drink enough to compensate for the lost fluids

