

## **WATER & HYDRATION**

**BY: Melissa Jeremiah, RN, CHCE**

**Director of Operations at Hoosier Uplands Home Health and Hospice**

**When you think of water, you may think of your favorite lake or being on the beach watching the waves lapping up to the shore. However, when your body thinks of water, it thinks of a life sustaining fluid. The average person needs to drink 6 – 8, 8 ounce glasses of water a day.**

**When does your body need more water?**

**In hot climates, when you are physically active, when you are running a fever and when you have diarrhea or vomiting.**

**How does water help our body?**

**It keeps our body temperature regulated, lubricates and cushions our joints, protects our spinal cord and other tissues and rids our bodies of waste.**

**Can water help me lose weight?**

**If you are trying to lose weight water can help with this task. The average sugar sweetened soda is about 240 calories.**

**Can water help me save money?**

**If you are trying to save money water can help you out. By choosing water you will save money and reduce calories, a win-win.**

**Water is a life sustaining force we all need to consider in a healthy diet.**