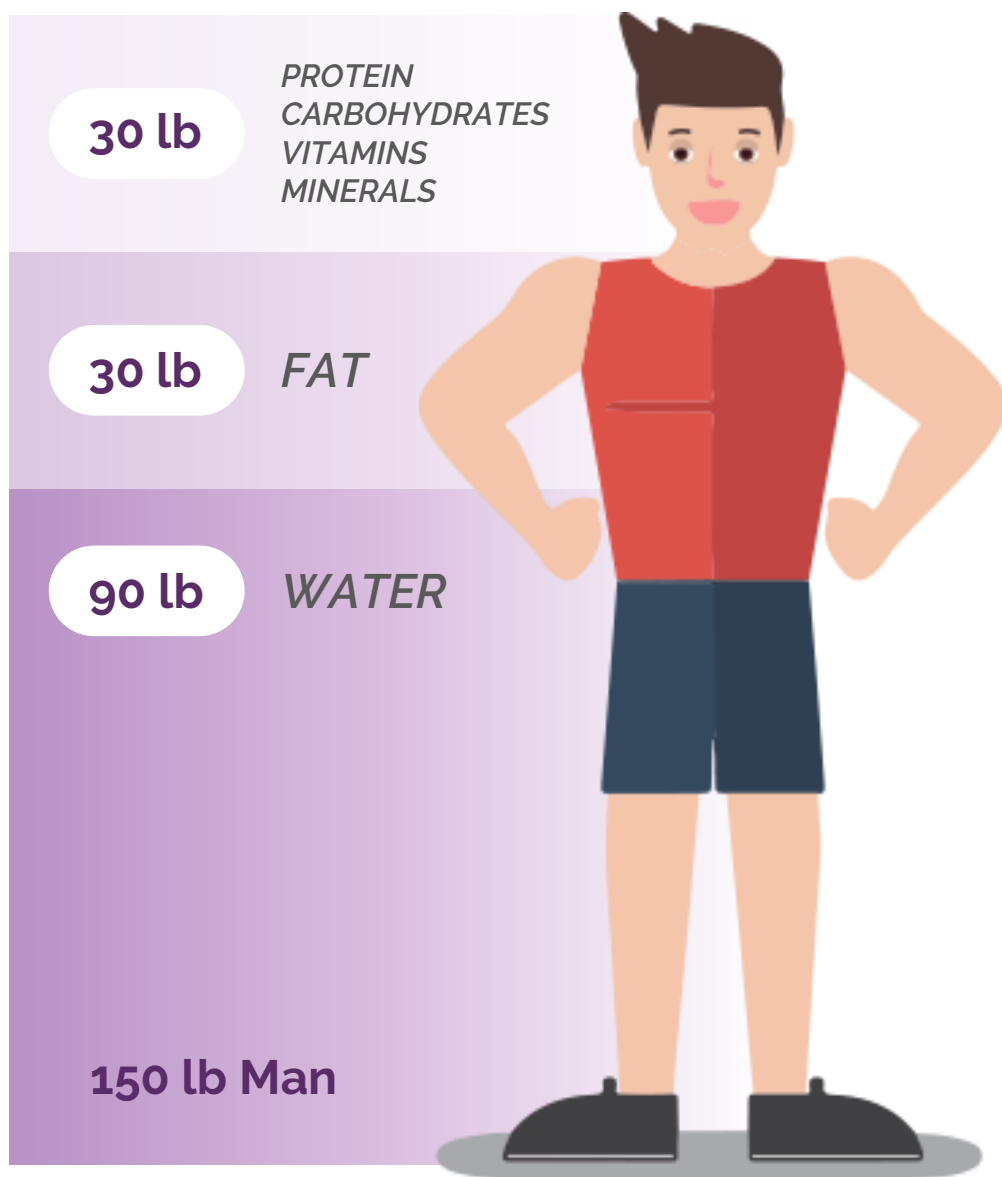


# THE IMPORTANCE OF WATER

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 man is made up of around **60%** water, a woman around **50%** and our brains around **75%**. We can only survive a small number of days without water, yet can survive weeks without food.

# 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 and blurred  
vision*



## 20% DEHYDRATION

*may result in death*

# THE FUNCTION OF WATER IN THE BODY



*Transports nutrients  
through the body*



*Moistens eyes,  
mouth and nose*



*Can help maintain  
pH and electrolyte  
balance*



*Participates in many  
chemical reactions*



*Helps maintain  
normal body  
temperature*



*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*

# WHEN TO DRINK WATER

Drinking Water at the Correct Time Maximizes its Effectiveness on the Human Body

- Drinking 2 glasses of water in the morning helps activate internal organs.
- Drinking 1 glass of water before a meal will help in digestion.
- Drinking 1 glass of water before taking a shower helps prevent high blood pressure.
- Drinking a glass of water before bed helps prevent strokes or heart attacks.



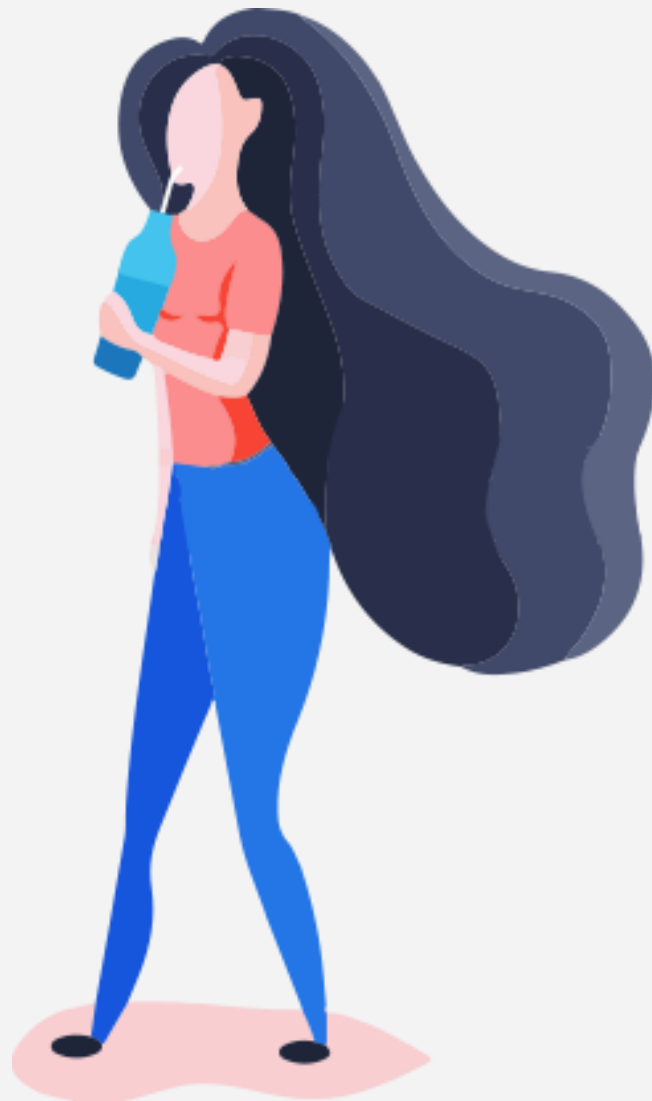
# RECOMMENDED WATER INTAKE

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 replaced.

**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.*