

H2O Q&A

Q: Do I need to drink 8 glasses of water per day?

A: Not necessarily. We are all unique and our hydration needs are unique as well. They will vary based on our activity levels, the climate and our individual body requirements.

Q: How do I know if I'm drinking enough water?

A: If you are well hydrated you won't feel overly thirsty throughout the day and your urine will be a pale colour.

Q: Why bother tracking my water intake?

A: Tracking isn't necessary long-term however it can be handy to check in occasionally to really pay attention to ensuring proper hydration. This can establish a baseline as a tool to experience the true benefits of optimal water intake.

Q: What are some key benefits of ensuring adequate water intake?

A: Water helps normalize blood pressure, regulates body temperature, aids in digestion, prevents constipation, flushes bacteria, cushions joints, and so much more!

For additional questions or for your individual health needs, please see your primary health care provider.