

STAYING HYDRATED



Are You Staying Hydrated?

Our bodies depend on water for survival. Water is essential for removing waste; controlling body temperature, heart rate, and blood pressure; and maintaining a healthy metabolism!

How much water should you be drinking? You have probably heard the rule of drinking eight ~ 8 ounce glasses of water per day. But another rule of thumb is to take your weight and divide by 2. The total should be the number of ounces you drink daily.



DRINK UP!