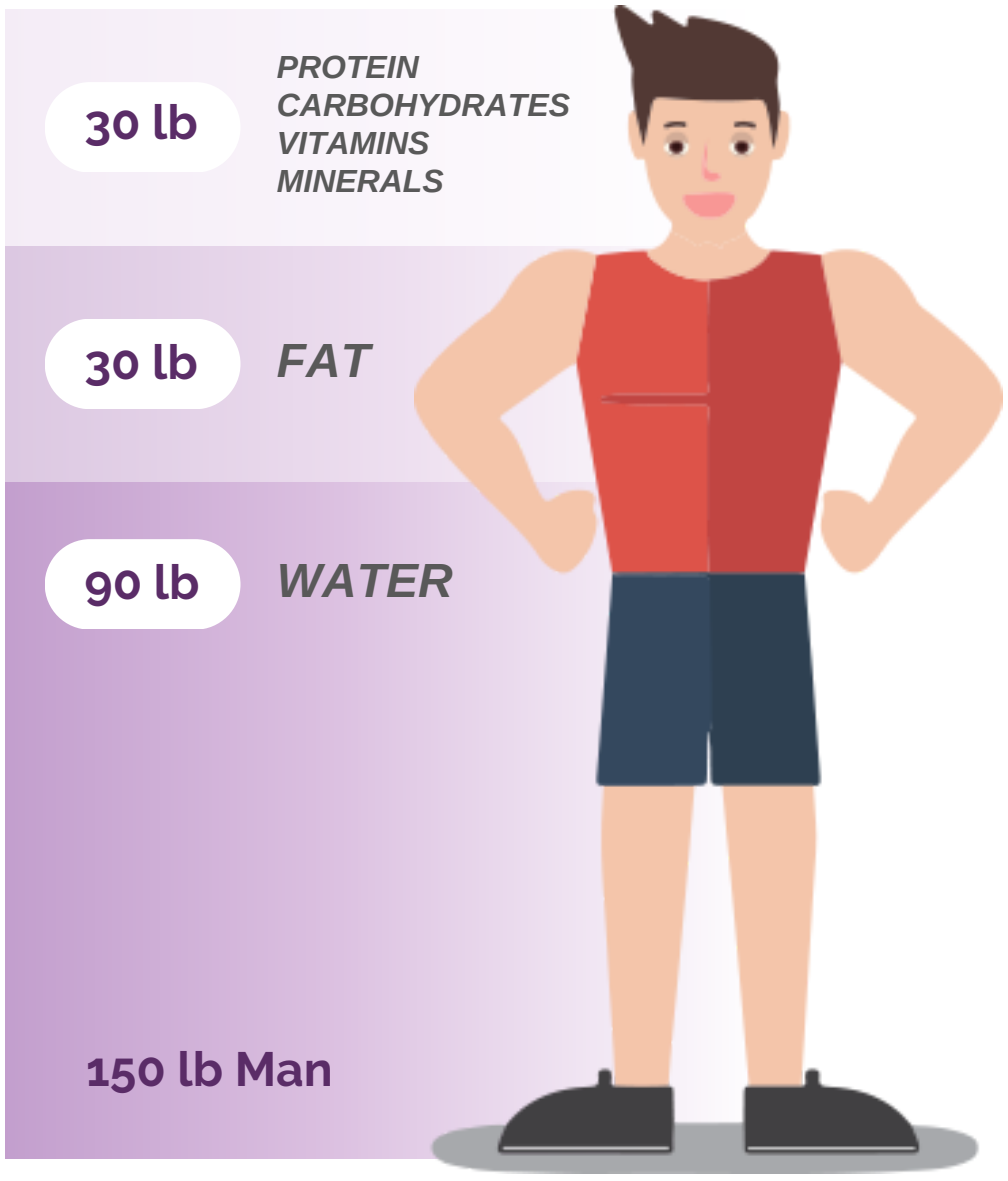
THE IMPORTANCE OF WATER

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

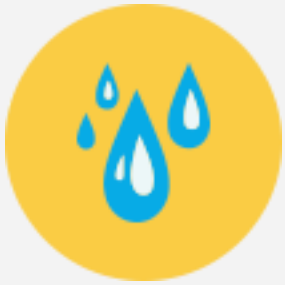
5% DEHYDRATION
we become hot & tired with decreased performance

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

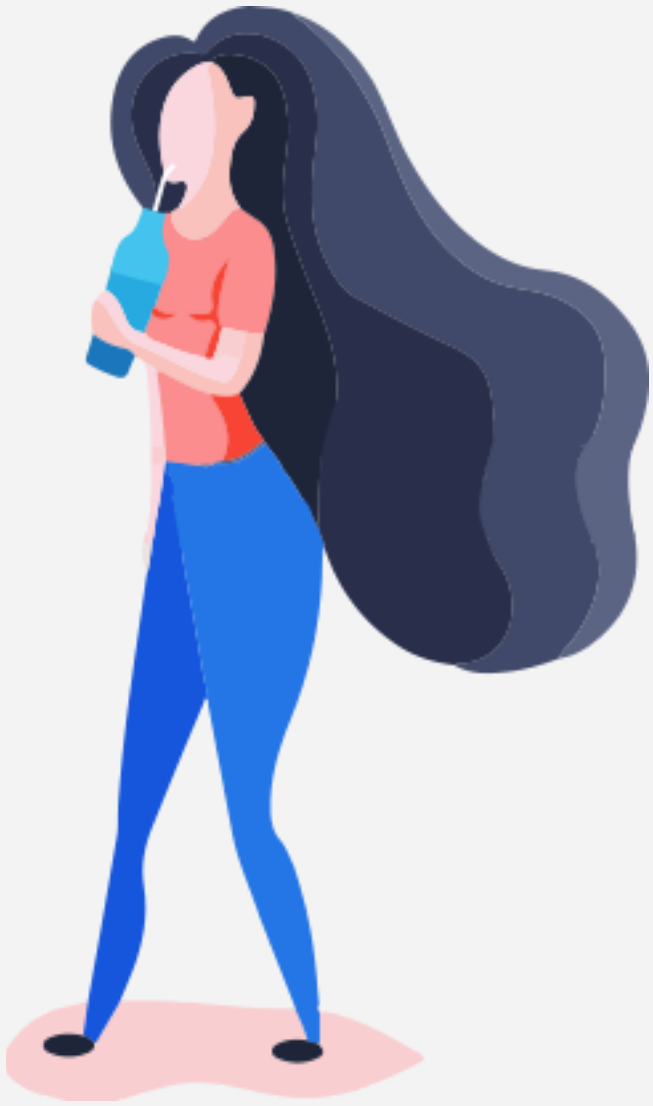
RECOMMENDED
WATER INTAKE

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

ADVISED WATER CONSUMPTION FOR ADULTS

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

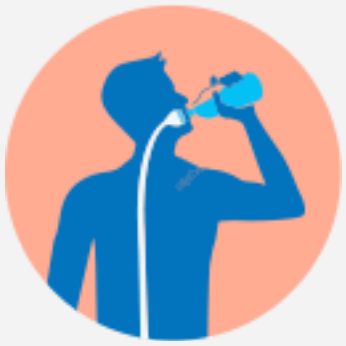
For example: if your daily energy expenditure **(BMR x activity level) is 2000kcal per day,** then you would require **2-3 litres** of water per day.



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.