



Nut Ed
by email

Water and Hydration

Water is one of the most important resources on earth, mostly because we need it for our good health and survival. Keeping hydrated is important, not just to satisfy your thirst, but because water is needed for a lot of important functions in our body. Here are a few that you may not know about:

- **Keeps blood volume**

Our blood is made up of around 90% water, which helps it to flow through our vessels, delivering much needed oxygen and nutrients to all our organs. When you become dehydrated from not drinking enough water, your blood can become thicker and its volume decreases. Your blood pressure then decreases, which makes it harder for your blood to effectively supply all your organs with the oxygen and nutrients they need.

- **Cushions and lubricates organs and joints**

Water is an important fluid used in the body to help protect your organs from damage and joints from rubbing on each other. A water layer surrounds many of your organs such as your brain and eyes, giving them a layer of protection from damage or shock, as well as lubrication to help them move well (e.g., your eyes). For your joints, water makes up a something called synovial fluid, which helps stop the bones rubbing together.

- **Regulates body temperature**

The body uses water to keep the temperature inside your body the same. Water can soak up and move heat, so when the body gets too cold or too hot, water is moved in the blood towards important organs to keep them warm, or towards the surface of the skin to cool the body down. Heat can also be pushed out of our body in the water that makes our sweat and our breath, to help remove extra heat when you are too hot. This is why we often sweat, look a little red and breathe out warm air when we have been exercising.

So next time you drink a glass of water, know that it is helping your body to survive and thrive in more ways than just stopping you from feeling thirsty. Many experts recommend around 2-3 liters of water per day, and even more if you are doing physical activity, or in a hot environment where you may be losing a large amount of water through sweat.

Tips for staying hydrated

- Start your day by having a glass of water as soon as you wake up. This is a great way to get your body hydrated after sleeping all night.
- Use a water bottle to track how much water you drink during the day. Some water bottles even have time stamps on them so you can easily see how much you have had over time.
- Replace sugary drinks with water. Not only does this keep you hydrated, but it will also have added health benefits from reduced sugar intake too!
- Try changing up the flavour of your water by adding natural flavours such as slices of lemon, orange, cucumber, or berries.