The Importance of Drinking Enough Water
by: Heidi Kritner

Everyone knows that drinking water is vital to life, but how much water should we drink to have our body work at optimal capacity?

How much water should you drink?
The Institute of Medicine recommends that men drink about 13 cups of water per day and women drink 9 cups.

What can count as your 9-13 cups?
- Water
- Fruits: grapes, oranges, melons
- Vegetables: cucumbers, carrots
- Juice
- Milk
- Tea

H2O Facts:
- Dehydration: Not consuming enough water.
- Hyponatremia: Drinking too much water, commonly happens when drinking out of a water back pack
- Water keeps cells hydrated
- Most essential “mineral”
- Our bodies are 50-70% water (Valtin)