



- 1 Your body is composed of so much water.**
So how do you fuel it? With WATER! Fueling up on other kinds of drinks, like soda or coffee, just doesn't cut it.
- 2 6-8 glasses.**
That's the amount of water you need per day!
- 3 Make it a routine.**
Begin by drinking a glass of water as soon as you wake up, and 30 minutes before eating any big meal. Get in the habit of keeping a water bottle on hand at all times.
- 4 Tired?**
You may be thirsty like that wilted house plant. Drink a glass of water!
- 5 Protect your head.**
Next time you have a headache before you reach for the painkillers, try fueling up on a couple of glasses of water. Just like the rest of our bodies need water, so does our brain.
- 6 Makes your skin glow.**
Do you want beautiful skin? Water it! H₂O lets our skin properly rid itself of toxins and so it becomes irritated, inflamed, and congested
- 7 Have a better workout.**
Water makes that workout so much easier. Your muscles need fuel too. When you sweat, your muscles become dehydrated and a dry muscle doesn't perform very well. Kinda like your car running on empty.
- 8 Drink before you are thirsty.**
Often we don't even realize that we are dehydrated; if you wait until you are thirsty, it's too late! You are dehydrated.

Hydration!

Our bodies are basically water... in fact, water makes up about two-thirds of our body mass, except when we are dehydrated and that's where things start functioning badly.

STOP!

Are you actually hungry or are you thirsty? Try filling up with a glass of water to see if you are really just dehydrated.



250.545.2922

250.542.2655

easthillphysio.com