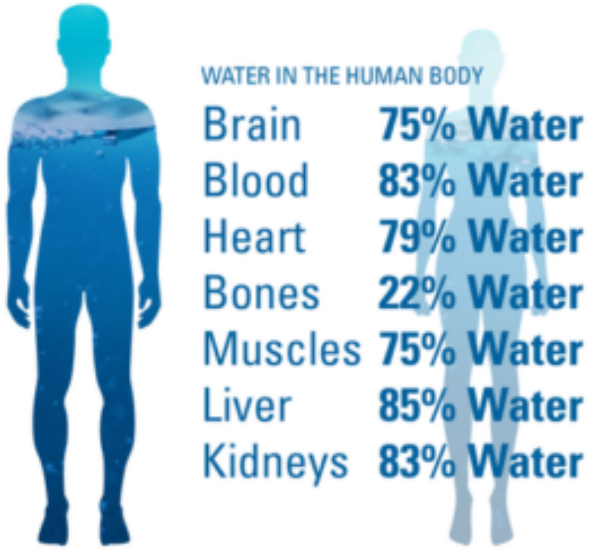
Are you drinking enough water?

During the pandemic, more people are looking for ways to stay healthy. Aside from following social distancing measures, they try to boost their immune systems to fight off the infectious disease. One of the way to do that is by simply drinking lots of water.

Why WATER?

Around 60% of our body is made up of water, and around 71% of the Earth surface is covered with water. The below diagram shows composition of water in our body:



WHY WATER IS ESSENTIAL???

All the cells and organs of the body need water to function properly. Keeping hydrated is crucial for health and well-being, but many people **do not consume** enough fluids each day.

Some reasons why our body needs water:

1. Lubricates the joints;
2. Forms saliva and mucus;
3. Delivers oxygen throughout the body;
4. Boosts skin health and beauty;
5. Cushions the brain, spinal cord, and other sensitive tissues;
6. Regulates body temperature;
7. Digestive system;
8. Flushes body waste;
9. Helps maintain blood pressure;
10. The airways need it;
11. Makes minerals and nutrients accessible;
12. Prevents kidney damage;
13. Boosts performance during exercise;
14. Weight loss and
15. Reduces the chance of a hangover.

The below is the signs that you need to drink more water:-

1. Dark-Colored Urine
2. Bad Breath
3. Dizziness

4. Headache

5. Muscle Cramps or Fatigue

6. Dry Skin

To avoid experiencing any of the above symptoms, it is recommends to keep a large bottle of water with you to drink and refill throughout the day.

“Be proactive with your fluid intake. Don’t wait until you’re thirsty to grab a glass of water, because it’s likely you’re already dehydrated at the point.”

Source: https://www.medicalnewstoday.com/articles/290814

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