# How to Prevent Dehydration to Stay at Your Best

Water plays a vital role in all cellular activities, transporting essential vitamins and minerals at the cell level throughout the body. If your body becomes dehydrated, the capability of your transport system is compromised, and you will lose strength and energy. Lack of water can cause metabolic waste and by-products like lactic acid, uric acid, ammonia and other toxins to accumulate in our soft tissues. You don't want your soft tissues to accumulate with these toxins. Drinking adequate amounts of water throughout the day will ensure that all this junk is properly flushed out.

"I see you've combined your water intake with your strength training."
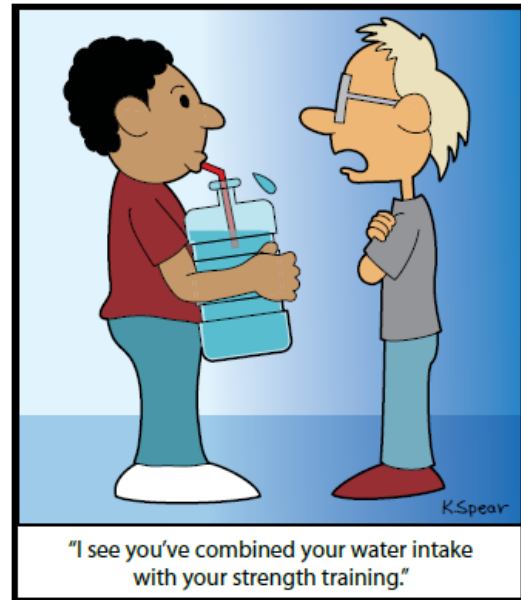
Health benefits of proper hydration

- Water helps remove toxins that lead to inflammation.
- Water increases the immune system and helps prevent movement system disorders.
- Water increases the lubrication of joints and helps prevent arthritis and back pain.
- Water gives your muscles an energy boost.
- Water helps to prevent heart disease and stroke by helping to prevent blockage of arteries.
- Water enhances brain function and helps prevent memory loss.
- Water improves skin health and outside appearance.

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How much water does your body need?

Many recommend 8-10 glasses of water per day as a good measure. But all people are not created equal, so we should probably do a little better than that. To determine how much water your body needs, you can take your body weight and divide that number by 2. That's how many ounces of water you need every day! You may need more than this amount when you perspire more, like on a hot summer day. Question: "Do cola drinks count, it's liquid and mostly water right?" Answer: Your body yearns for clean and pure water. We recommend that you stay away from liquid junk.

> "The best six doctors anywhere
> And no one can deny it
> Are sunshine, water, rest, and air
> Exercise and diet.
> These six will gladly you attend
> If only you are willing
> Your mind they'll ease
> Your will they'll mend
> And charge you not a shilling."
> **~Wayne Fields**

Think prevention!

Prevention is better than treatment. Drinking plenty of water is one of the most important things you can do for your health!

You should consume ½ your body weight in ounces per day.

For example:
160 pounds ÷ 2 = 80 oz. per day)