



HOW MUCH WATER SHOULD YOU DRINK & WHY?

Water is defined as an essential nutrient as it is required in amounts that exceed the body's ability to produce it. Water plays an important role within the body as all chemical reactions occur in water. It fills the space between cells and helps form molecules such as protein and glycogen. Water is required for digestion, absorption, transportation, eliminating waste and thermoregulation. Water accounts for 50-80% of body weight and daily water needs depend on body size, activity level, the weather and types of food and drinks consumed. There is no single level of water intake that would ensure hydration, however an adequate intake of 2.8L to 3.4L per day for men and women aged 19-50 is recommended. When you are dehydrated, it can affect your physical and cognitive performance and lead to tiredness, dizziness and headaches.