



You Can! Stay Hydrated!



Did you know that 60 percent of our bodies are made up of water, yet only 22 percent of adults are consuming enough water in their daily routine?

Dehydration happens when you use or lose more water than your body takes in, which can happen very quickly if you are not mindful of your drinking habits. Staying hydrated, especially during the hot summer months, is crucial to your health and well-being.

Six Reasons to Drink Water:

1. **Water maintains the balance of body fluids:** Your body is composed of about 60 percent water. The functions of these bodily fluids include digestion, absorption, circulation, creation of saliva, transportation of nutrients, and maintenance of body temperature.
2. **Water can help control calories:** Food with high water content tends to look larger, its higher volume requires more chewing, and it is absorbed more slowly by the body, which helps you feel full. Water-rich foods include fruits, vegetables, broth-based soups, oatmeal, and beans.
3. **Water energizes muscles:** Cells that don't maintain their balance of fluids and electrolytes shrivel, which can result in muscle fatigue.
4. **Water keeps your skin healthy:** Dehydration makes your skin look dry and wrinkled, which can be improved with proper hydration. Once you are properly hydrated, the kidneys take over and excrete excess fluids.
5. **Water helps your kidneys:** Your kidneys do an amazing job of cleansing and ridding your body of toxins – as long as your intake of fluids is sufficient.
6. **Water keeps everything “regular”:** Adequate hydration keeps things flowing along your gastrointestinal tract and prevents constipation.

Adapted from: www.webmd.com/diet/features/6-reasons-to-drink-water



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