

Health Benefits of Drinking Water

Hydration helps bring oxygen to your brain, aiding in **memory, clear thinking and concentration.**

It helps your skin maintain moisture, which **increases elasticity** and can prevent premature wrinkling.

Drinking water **helps the kidneys properly regulate fluids** in the body, which means toxins won't build up and lead to kidney stones.

8x8 RULE

Stay hydrated by drinking eight 8-oz. glasses of water each day.

Keeping hydrated is crucial, but most people don't consume enough water each day. Not only does drinking water help maximize your physical performance, but hydration has a major effect on your energy levels and brain function.

People who stay hydrated are at a **lower risk of coronary heart disease.**

Drinking plenty of water can **speed up metabolism** and fill your stomach, preventing overeating.

Blood is more than 90% water. Drinking enough water **helps your blood deliver oxygen** throughout the body efficiently.

Staying hydrated **keeps your joints lubricated and muscles elastic**, reducing risk of injury and pain.

The average person can live without food for nearly a month, but we can only survive about three days without water.

90%
water