

Why should you drink water?

Water (H^2O) is a natural liquid that is vital in order to stay healthy, but some people do not drink enough. Many people find it difficult to find time to drink water or they don't like the taste! Did you know that adults should drink at least 3 liters of water a day to keep hydrated? There are many reasons to drink water and here are a few to help you understand...

Firstly, (and most importantly) drinking water helps maintain the balance of body fluids. Your body is composed of about 60% water. The functions of these bodily fluids include digestion, creation of saliva, transportation of nutrients, and maintenance of body temperature. If you do not drink enough water you could get too hot or cold easily and become unwell! Additionally, if you don't consume enough water, your body will find it harder to digest food which could cause stomach ache!

Do you want to get fit, healthy and muscly? Water helps energize muscles and keep them healthy. If you don't drink water your muscles can tear and not repair very easily which is why you get achy limbs after exercise. In contrast, when you drink plenty of water, you will ache a lot less!

How do you moisturize your skin? If you drink enough water, your skin will moisturize itself and be much healthier because it will not get dry and flakey. This will stop you from spending hundreds of pounds on moisturizer that you could spend on doing amazing activities like bowling or going to the cinema! Additionally, by drinking plenty of water, you will get less wrinkles when you are older - water keeps your skin flexible.

Overall, no other drink can make you as healthy as water. It helps you keep healthy skin, repair muscle damage and digest your food. If you don't like the taste of water then you can always try adding a small amount of sugar free juice to add a small amount of flavour. Keep your body fighting fit, drink lots of water sip by sip!