



## Drinking Water for Better Health



### Overview

You're on the go, and you can't always find time to focus on your health. Putting your health first isn't always easy or practical. But you may be overlooking one basic strategy: drinking water. Yes, although many of us reach for sodas, juice or sports drinks when we're thirsty, plain water is the healthy choice.

### Why you need water

Water is essential for your body. If you don't get enough, your body suffers. We call this "dehydration." So be sure to drink plenty of water when you're thirsty, and drink water with meals.

### How it helps

Why is water better than other choices? Well, unlike many popular drinks, water has no sugar and no caffeine. Avoiding sugar cuts calories you don't need. In fact, swapping 20 ounces of water for the same amount of soda saves about 240 calories. Avoiding sugar also keeps your teeth healthy and strong. And too much caffeine is linked to headaches, restlessness and anxiety.

### When you need more water

There are times when you need to drink more water than usual. You need to drink more water when you have a fever, and when you have diarrhea or vomiting. You need to drink more water when you're in a hot climate. And of course, you need to drink more when you're being physically active. So quench your thirst with water. Your body will thank you.