

## Nothing Beats a Cool Drink of Water

With the weather warming up we'll be spending more time outdoors. This makes water even more important to prevent dehydration.

Have you heard – “drink eight 8-oz glasses of water a day”? The 8x8 rule. That's a good goal but you might have a different, higher personal goal for drinking water every day.

If you haven't thought much about the water you drink, here are some good reasons to get plenty every day.

- Pregnant and breastfeeding women may require more fluid to stay well-hydrated. Here at WCD WIC we recommend that when a woman nurses her baby, have a glass of water there to sip on so she can be sure to drink plenty each day for herself.
- Physical performance can suffer if you don't stay well hydrated, especially during high heat or intense exercise. Losing as little as 2% of your water weight can cause noticeable increased fatigue and decreased motivation to exercise. Other aspects of physical performance include keeping body temperature regulated, our joints lubricated, and our soft tissues like eyes, nose and mouth moistened.
- Impaired memory, brain performance, lack of concentration and even more frequent headaches can also be caused by that same small amount of water weight loss (1-3%).
- Eating plenty but not drinking enough water to aid in the digestion of that food can have a very uncomfortable result – constipation. Keeping water flowing through our bodies helps dissolve and use the nutrients we need and flush away anything we don't need.
- Weight loss can also result from drinking plenty of water. The best time to drink a glass of water is 30 minutes before a meal to aid with digestion. Hunger satisfaction will also occur earlier in the meal, preventing us from overeating.

If drinking plain water just doesn't appeal to you, here are a few ideas to change it up a bit.

- Drink water at any temperature that is comfortable to you.

- Infuse it with fruits, vegetables and herbs.
- Add a no-calorie flavoring packet if truly needed.

Ideas for infusing water with taste.

- Strawberry Basil Lemon
- Cucumber Mint
- Blackberry Orange Ginger
- Pineapple Coconut Lime
- Lemon Ginger
- Lemon Lavender
- Any citrus fruit, alone or any combination

Berries impart their flavor best when slightly crushed rather than sliced.

The combinations of fruits, vegetables and herbs need to chill overnight for the best flavor.