

Drink water and stay hydrated

During the hot summer months, it is especially important to drink enough water. One of the remarkable truths about water is that the body can't function without enough of it. Nearly 75 percent of Americans are chronically dehydrated. Severe dehydration can be a life-threatening condition that could lead to heart failure.

As your physical activity increases, so should your water intake. It is not enough to just drink water after working out. Once you get that thirsty, parched feeling, it means you're already dehydrated. Be prepared, and keep a bottle of water with you throughout your day to stay hydrated all day long.

How much water should I drink each day?

A great way to determine how much water you need is to divide your body weight in half. That is the number of ounces you should drink every day. The traditional rule of thumb has been to drink eight, 8-oz. glasses of water, but that doesn't take into account the fact that the more a person weighs, the more water they need.

Beverages containing caffeine and alcohol cause dehydration, and require you to drink even more water than usual. Therefore, consume these types of beverages in moderation.

Can drinking water help me lose weight?

Yes, water helps the body metabolize stored fat. Studies have shown that with increased water consumption, fat deposits are reduced.

Water is also a natural appetite suppressant, and will help you feel full longer. Water can have a positive effect on your metabolism, too. The amount of lean muscle you have has a direct impact on your metabolism. Since muscle is made up of mostly water, keeping your muscles hydrated will ensure proper muscle tone and a higher metabolism.

Plan on drinking more water!

Set a goal: Figure out how much water is right for you to drink each day, and then set a realistic and attainable goal to drink that amount of water three days per week. Each week you achieve that goal, increase the days per week, and in no time you'll be properly hydrated every day.

Create a plan: Carry a refillable water bottle with you throughout your day. Choose a bottle that has the ounces measured on the side to track how much you're drinking during the day. It's also a good idea to write down how much water you drink in a journal, especially during the first few weeks of your new plan. This way you can make sure you stay on track.

Water is vital to most functions in your body, so make sure you stay hydrated while enjoying the beautiful weather.

