Health Benefits of Drinking More Water

Welcome to week two! We hope your first week went well. You might be starting to feel some of the amazing benefits of drinking more water already! This week, we'll dive right in (no pun intended!) on water's effect on your body.

It's no secret that drinking enough water is essential to your health. After all, your body is made up of about 60% water. Without water, your body would completely shut down. The best part about drinking water is that it makes everything else easier for you – your brain functions better and your muscles function better. Plus, you're in a much better mood when you're hydrated!

Let's take a look at some of the ways staying hydrated will boost your health:

Improved heart health. Research has found numerous heart health benefits associated with drinking water. According to the American Heart Association, keeping your body hydrated helps the heart pump blood through the blood vessels to the muscles. When you're well hydrated, your heart doesn't have to work so hard!

Weight management. Although water doesn't have any magical weight-loss properties, drinking more water can help keep your calories in check and promote a healthy weight. Replacing sugary beverages with water can significantly lower your calorie and sugar intake each day.

Keeps you regular. Water does a lot for your digestive and gut health. According to Mayo Clinic, drinking water during or after a meal aids the digestive system and helps break down food so that your body can absorb the nutrients. It also helps prevent constipation and keeps you regular.

Balanced fluids. Your body needs water to maintain healthy levels of your body's fluids. These fluids aid your body in digestion, absorption, circulation, transportation of nutrients, maintaining your body temperature, and creating saliva. When you're low on water, your body will struggle to perform these basic tasks.

Boosts brain power. Believe it or not, water actually enhances mental function. According to Psychology Today, brain cells require a delicate balance between water and various elements to operate. When you lose too much water, that balance is disrupted – and your brain cells lose efficiency.

More energy. Because water helps your body and brain perform optimally, you'll naturally feel more energized and alert throughout the day. Dehydration leads to feelings of fatigue that can really drag you down.

Prevents and treats headaches. One of the most common side effects of dehydration is a headache. Drinking enough water throughout the day will help prevent and treat those pesky headaches.

Glowing skin. Drinking enough water and staying adequately hydrated can help boost your skin health. Water helps rid your skin of any impurities and toxins. It also keeps your skin hydrated and looking plump.

Healthy kidneys. Water helps your kidneys function properly by clearing excess sodium and toxins from the body. Drinking enough water also helps prevent kidney stones and UTIs.

As you can see, water plays a critical role in your health. So keep on sipping!

WATER
YOU WAITING FOR?