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Health Spotlight
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The Importance of Water

With all the emphasis in our modern marketplace on the latest and greatest health drinks it is easy to forget the importance of water.

As professor of physiology and kinesiology at Penn State Larry Kenney, PhD explains: “Hydration is important because the body is comprised mostly of water, and the proper balance between water and electrolytes in our bodies really determines how most of our systems function, including nerves and muscles,” (Hatfield, 2005).

Indeed water is so fundamental it is central to millions of metabolic processes within us. When proper hydration levels are not reached our bodies have difficulty removing waste, controlling body temperature, heart rate, and blood pressure as well as maintaining a healthy metabolism.

Symptoms of dehydration include: little or no urine, or urine that is darker than usual, dry mouth, sleepiness or fatigue, extreme thirst, headache, confusion, feeling dizzy or lightheaded, no tears when crying.

How much water should I drink each day?

Individual needs may vary but the standard recommendation of 6 to 8 8-ounce glasses of water each day is considered a reasonable amount. As always, consult with your health care professional to learn what is right for you. (Familydoctor.org, 2010)



Source

Familydoctor.org Editorial Staff (2010) Hydration: Why It's So Important. [www.familydoctor.org](http://familydoctor.org/online/famdocen/home/healthy/food/general-nutrition/1013.html) Retrieved from: <http://familydoctor.org/online/famdocen/home/healthy/food/general-nutrition/1013.html>

Hatfield, Heather (2005) The Quest for Hydration. www.webmd.com. Retrieved from: <http://www.webmd.com/food-recipes/features/quest-for-hydration>

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