

FOR IMMEDIATE RELEASE

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“Water: It’s Time to Drink Up”

We are a few weeks into this year’s Walk Kansas program, which promotes physical activity over an 8-week course. While the basis of the program is staying active, an additional key to the program is logging the amount of water participants consume daily.

Did you know that your body is around 60 percent water? It is the most abundant compound in your body and is used by every bodily system. While research varies on exactly how much water each person should consume each day, the Institute of Medicine recommends an adequate intake for men is about 13 cups of fluid a day and 9 cups for women. Your need for liquids depends on many factors, including your health, how active you are, and where you live.

The health benefits to drinking water are vast. From helping with weight loss to better brain function, the list goes on and on. I encourage you to do your own research on all of these benefits. Today, I’d like to share some tips with you that make water the easy beverage choice throughout your busy day.

- 1) Carry a water bottle with you and keep it refilled. As soon as you hit the bottom of the bottle, head to the office water cooler or faucet and refill so that water is always accessible.
- 2) Order water when eating out and serve with your meals at home. You’ll save money and reduce calories over other beverage choices.
- 3) Change the flavor. Adding a wedge of lime or lemon or other liquid water enhancers can boost the flavor and help you drink more water than you usually would.
- 4) Make it a challenge. Set a goal and track your intake each day. You may even choose to reward yourself when you hit your goal.

Keep in mind that the more active you are; the more water you may need to keep yourself hydrated. As summer approaches, it's a wonderful time to get into the daily water drinking habit. I encourage you to get outside, be active and... drink up! (Water, that is).

For more information, please contact Julie Smith, Family Resource Management and Entrepreneurship Agent, juliesmith@ksu.edu or by calling 620-238-0704.

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